Food of The World - Spain

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The best food recipes from Spain.

A Two Course Rice - (Arroz Abanda)

Keys : Rice Seafood Spanish Spain European Mediterranean Spanish

Ingredients :

3	**lb**	Fish and shellfish
		(shrimp, clams, mussels, squid, lobster, sea bass)
5	**cup**	Fish stock or water
2/3	**cup**	Olive oil
1/2	**head**	Garlic
2	**cup**	Rice
1/3	**cup**	Tomatoes - peeled seeded and chopped
		a squirt Dry white wine
1	**pch**	Paprika
1	**sprg**	Parsley chopped
FISH SAUCE		
1/2	**cup**	Olive oil
2	**x**	Garlic cloves
2	**x**	Egg yolks
3	**sm**	Tomatoes
1	**tsp**	Sugar
1	**dsh**	Tabasco sauce
1	**dsh**	Worcestershire sauce
		a few drops Lemon juice
		Salt to taste

Method :

- Cover the cleaned fish and shellfish with cold water (or fish stock if you have it). The amount of liquid should be no less than 5 cups. Bring it to a boil and simmer until the fish is cooked through and the mollusks have all opened. Strain fish and set aside, saving liquid.
- Brown garlic over a low fire in 2/3 cup olive oil. Add parsley, paprika, and tomato in quick succession. Force the resulting mixture through a sieve onto 2 cups of raw rice and brown the rice in the olive oil for 3 to 5 minutes. Bring 5 cups of the liquid in which the fish cooked to a boil and pour it into the rice. Cook over a high fire for about 10 minutes. The rice will bubble at first; when it begins to make a popping noise, reduce flame and cook 10 minutes more on slow fire. Sprinkle white wine on top of rice and cook briefly on even hotter fire than at first. The rice should be so dry that you can tilt the pan on its side without having a grain fall out.
- Serve the rice first, alone or decorated with a few mussels and clams. As a second course, serve the fish, cooled, with an "All-I-Oli Sauce" (recipes for which are included in this database), or the following Fish Sauce: Pound two garlic cloves in a mortar, pour in a little of the 1/2 cup of olive oil, add the two egg yplks, and mix until thick. Fry the tomatoes, whole, and peel them. Little by little, add the rest of the olive oil, the fried tomato, and the sugar. Season with salt, tabasco, Worcestershire, and a few drops of lemon juice. The finished sauce should have the consistency of a

mayonnaise.

Aceitunas Con Mojo (Olives with Mojo Sauce)

Yield > 1 Servings

Keys : Spanish Spain European Mediterranean

Ingredients :

2	**kg**	Olives
1	**head**	of garlic
1	**x**	Red paprika (fresh one) = pimienta colorada picona = (foodwinos you know well)
1	**x**	Spoon pimenton = red powder paprika)
1	**x**	Spoon cumins
1	**sm**	Buquet of parsley
		Vinegar
		Olive oil

Method :

- *This mojo sauce I have already supplied. it is very easy.
- Note this pre-arrangements: clean olives, make 3 short cuts in olives from top to bottom, very simple. Put the oilives in water with salt during 10/14 days for purging, have a look every 4/5 days. After this process, get the olives out of water and put them in a recipient...-
- In a mortar make a sauce with all ingredients excluding oregon and thyme.
- This must be well mashed. Put olives in a recipent where you are going to keep for serving and add a little of water... Add the above sauce -mojo- and cover the olives with oregon and thyme... Wait 3/4 days to taste...
- We do from our olive tree the same, but we mash the olives with a kitchen wooden hammer, olives are covered with a clean rag... keeping them in water

		Oregon
		Thyme

with 1 lemon in two parts, with laurel, pepper grains, for 10/14 days... the same as baove.

- The sauce is a little different: Garlic + black pepper + oregon + thyme + some almonds very well mashed + 1 lemon in 3/4 parts + laurel, oilve, vinegar, water... keeping the olives in this sauce for some days before serving

Aioli Sauce (Spain)

Yield > 8 Servings

Keys : Sauce Spanish Spain European Mediterranean Usa Alaska Alaskan North American States United States

Ingredients :

8	**x**	Cloves garlic
1	**cup**	Oil
1/4	**tsp**	Salt
2	**x**	Egg yolks
1/4	**x**	Lemon, juice of

Method :

- This sauce is used to accompany hot or cold fish dishes.
- Crush garlic in press or mortar. Add oil gradually, beating in until a thick heavy paste is formed. Add salt and egg yolks. Continue beating.
- Add juice of lemon slowly while beating. yield 1 1/2 cups

Ajoblanco - (Spanish-Central Andalusian Cold Almond Soup)

Yield > 6

Keys : Soups Stews Nuts Spanish Spain European Mediterranean

Ingredients :

1/2	**lb**	crusty white bread crusts cut off
		Water to soak the bread
1/4	**lb**	raw (not toasted) peeled almonds
2	**x**	garlic cloves
7	**cup**	cold water
1	**cup**	olive oil
		Vinegar - (red wine or sherry vinegar preferred)
		Garnish (see below)

Method :

- Garnish: In Malaga it is customary to serve Ajoblanco with peeled and seeded grapes, or apple slices. Melon, small shrimps or sliced, roasted almonds also go very well with this soup.
- Soak the bread thoroughly in water. To peel the almonds, dip them for a few seconds in openly boiling water then pop the peels off with a squeeze.
- With a powerful blender, grind the almonds, together with the garlic and a little salt, as fine as you can (the finer they are ground, the creamier the result will be). Then add the soaked bread and blend until you get a white homogeneous paste. Still blending, add the oil in a thread, as you would in a mayonnaise, and then the vinegar (for the quantity, follow your taste, but just a spritz is sufficient - otherwise you will mask the taste) and the water. Adding the oil and water must be done slowly; you want a smooth emulsion, not curd!
- That's it. Serve it very to 6 to 8 people - and with the garnish of your choice; sliced and seeded grapes, or apple slices, or melon, or small shrimps or even sliced, roasted almonds.
- Comments: Ajoblanco, according to recipe contributor Jose Luis Vivas, is a Weight Watcher's worst nightmare. Thanks to the high energy contents of the almonds and bread, it is a caloric bomb. In fact, he says, these soups were usually consumed by country laborers in Andalusia during the harvest months as a mid-morning snack. They would have breakfast very early (5:00 AM) and about 11:00 they stopped to prepare the soup (or have someone bring it from the house), take it and brace themselves for temperatures above 95 from noon onwards. Logically, they stopped about 14:00 and had

some light lunch... and a siesta, unless they were picking cotton and a storm was on the way.

- The soup is wonderful - refreshing and very "drinkable" in texture, with unexpected richness, depth of flavor, and true savoriness. Hard to believe it's so bad for you.

Alaska Sablefish Spanish-Style

Yield > 2

Keys : Fish Ocean Main Dish Seafood Usa Alaska Alaskan North American Spanish Spain European Mediterranean

Ingredients :

2	**x**	sablefish steaks - (6 oz ea) thawed if necessary
		Salt to taste
		Freshly-ground black pepper to taste
1/3	**cup**	chopped onion
3	**tbl**	diced green chilies
2	**tbl**	oil
1	**x**	tomato chopped
1/4	**cup**	chopped parsley
1	**tbl**	lime juice

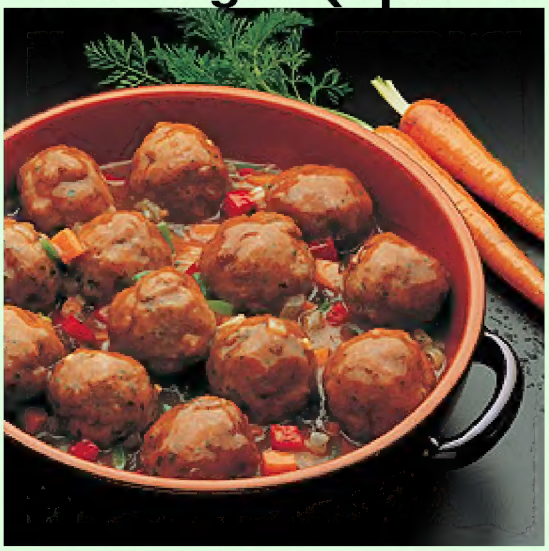
Method :

- Sprinkle sablefish with salt and pepper.
- Saute onion and chilies in oil. Add tomato, parsley, lime juice, oregano and sugar.
- Arrange green pepper rings on steaks in baking dish. Pour tomato mixture over fish.
- Bake at 450 degrees, allowing 10 minutes cooking time per inch of thickness measured at the thickest part or until sablefish flakes easily when tested with a fork. Serve on rice; garnish with lime wedges.
- Microwave Method: Sprinkle sablefish with salt and pepper. Combine onion, chilies, oil, tomato, parsley, lime juice, oregano, and sugar.
- Arrange green pepper rings on steaks in microwaveable baking dish. Pour tomato mixture over fish; cover with plastic wrap.

1/4	tsp	oregano crushed
1	dsh	sugar
4	x	green pepper rings
		Hot cooked rice (optional)
		Lime wedges

- Microwave at Medium 5 minutes. Rotate dish 1/4 turn; microwave at Medium 5 to 6 minutes longer or until fish flakes when tested with a fork.
- This recipe yields 2 servings. Recipe may be halved or doubled.

Albondigas (Spanish)



Yield > 6 Servings

Keys : Soups Main Dish Beef Pork Meats Mexican Mexico Mex Central American Spain European Mediterranean

Ingredients :

1/2	lb	Ground pork
1/2	lb	Ground beef
1	x	Egg
1/2	cup	Brown rice, uncooked
1	x	Onion, diced fine
1/2	tsp	Tomio (thyme)
8	cup	Water
1	x	Tomato, chopped
1	x	Clove garlic, diced
1/2	cup	Chili huerta
2	x	Yerba buena
1	x	Thick slice French bread
1/2	tsp	Comino (cumin)

Method :

- Mix pork, beef, egg, rice, 1/2 of onion, and tomio together; make into small balls. Bring water to boil and add balls; simmer at low boil for 1 hour. Add tomato, garlic, chili, and rest of chopped onion; let simmer 35 minutes. Add yerba buena and simmer 10 minutes. Soak french bread in small amount of soup broth until very soft. Place in blender with comino; chop together; add to soup. Next add carrots and peas; simmer until vegetables are tender. Serve.
- Serves 6

2	**x**	Carrots, sliced thin
1	**cup**	Peas, fresh or frozen

Albondigas (Meatballs)

Yield > 4 Servings

Keys : Meats Spanish Spain European Mediterranean Spanish

Ingredients :

1	**kg**	Lean minced beef
2	**x**	Eggs
2	**tbl**	Fresh breadcrumbs
3	**x**	Cloves garlic, peeled and
		Crushed
1	**tbl**	Chopped fresh parsley
500	**gm**	Spanish onions, peeled and
		Chopped
		Salt
		Freshy ground black

Method :

- Mix the meat, eggs, breadcrumbs, garlic, parsley and half the onions, and season with a little salt and pepper. Form into small balls and dust with flour. Heat the oil in a flameproof casserole and saute the meatballs until well browned on all sides. Add the remaining onion to the pan and cook until soft. Add the tomatoes, wine and stock. Season to taste with salt and freshly groudn black pepper. Cover and simmer for 45 minutes.

1	tbl	Plain flour
3	tbl	Olive oil
2	sm	tomatoes, skinned,
		De-seeded and chopped
1	sm	glass dry white wine

All-i-Oli with Egg Yolks

Yield > 1

Keys : Sauces Spanish Spain European Mediterranean Spanish

Ingredients :

2	x	Garlic cloves peeled
1	tbl	Lemon juice or wine vinegar
2	x	Egg yolks at room temperature
1 1/2	cup	Olive oil at room temperature
2	dsh	Cool water a few drops
		Salt to taste

Method :

- Put a few drops of cool water and a few drops of lemon juice or vinegar in a mortar with the garlic. Mash garlic well. Add raw egg yolks and blend. While stirring tirelessly in the same direction, add olive oil very gradually. Blend in additional lemon juice or vinegar. Salt to taste.
- This recipe makes 1 1/2 cups of sauce.
- Comments: All-i-oli is easy to make providing certain rules are observed, rules equally applicable to mayonnaise. The ingredients, particularly the olive oil, must be at room temperature. The oil must be be added very gradually and the sauce must be stirred in the same direction all the while. All-i-oli will keep several days under refrigeration.

All-i-Oli with Mustard

Yield > 1

Keys : Sauces Spanish Spain European Mediterranean Spanish

Ingredients :

Method :

- Put a few drops of cool water and a few drops of lemon juice or vinegar in a mortar with garlic. Mash garlic well. Add

1	x	Garlic clove peeled
1	tsp	Lemon juice or wine vinegar
2	x	Egg yolks at room temperature
1 1/2	cup	Olive oil at room temperature
2	dsh	Cool water a few drops
1 1/2	tsp	Prepared hot mustard
		Salt to taste

raw egg yolks and blend. Add olive oil very gradually while stirring in the same direction. When all the olive oil has been absorbed, stir in the mustard. Vary the amount of mustard according to the strength of the product and your own preference. Add salt if necessary.

- This recipe makes 1 1/2 cups of sauce.
- Comments: All-i-oli is easy to make providing certain rules are observed, rules equally applicable to mayonnaise. The ingredients, particularly the olive oil, must be at room temperature. The oil must be be added very gradually and the sauce must be stirred in the same direction all the while. All-i-oli will keep several days under refrigeration.

All-i-Oli with Tomatoes

Yield > 1

Keys : Sauces Spanish Spain European Mediterranean Spanish

Ingredients :

3	med	Garlic cloves peeled
2	x	Egg yolks at room temperature
1	cup	Olive oil at room temperature
2	lrg	Tomatoes, red ripe peeled and seeded
1	pch	Salt a generous pinch

Method :

- Prepare basic sauce by mashing garlic with salt in mortar, stirring in egg yolks, and gradually adding olive oil while stirring in the same direction. Lastly mix in tomatoes, peeled, squeezed to eliminate seeds, and mashed to a pulp in a separate bowl.
- This recipe makes 1 3/4 cups of sauce.
- Comments: Popular in Andalusia, this sauce is excellent with salads, cold fish, and cold meats.
- All-i-oli is easy to make providing certain rules are observed, rules equally applicable to mayonnaise. The ingredients, particularly the olive oil, must be at room temperature. The oil must be be added very gradually and the sauce must be stirred in the same direction all the while. All-i-oli will keep several days under refrigeration.

Almond Cake - (Tarta De Almendras)

Yield > 1

Keys : Cakes Desserts Nuts Spanish Spain European Mediterranean Spanish

Ingredients :

1	**cup**	Blanched almonds
2/3	**cup**	Sugar
1/2	**cup**	Cake flour
2	**tbl**	Dark rum
1	**pch**	Salt
		Powdered sugar for dusting cake
3	**whl**	Eggs

Method :

- Preheat oven to 350 degrees. Beat eggs with sugar until creamy and thick. Grind almonds to fine powder in electric blender or pound in mortar. Mix ground almonds with flour and salt and add to eggs with rum. Stir just enough to blend. Pour into 8-by-12-inch baking pan lined with wax paper (or buttered and sprinkled with flour). Bake in 350 degree oven 25 to 30 minutes or until cake pulls away fron sides of pan and springs back when pressed lightly with finger. Turn upside down on cake rack or wax paper sprinkled with powdered sugar. Remove paper from bottom of cake when cool. (If you do not use paper for baking, leave cake inverted in pan until cool.)
- Sprinkle with powdered sugar just before serving.
- This recipe makes a one-layer cake, 8 by 12 inches.

Almond Cookies i - (Almendrados)

Yield > 24

Keys : Cookies Desserts Nuts Spanish Spain European Mediterranean Spanish

Ingredients :

1	cup	Toasted almonds
3	lrg	Egg whites
2/3	cup	Sugar

Method :

- Preheat oven to 350 degrees. Grind almonds to a fine paste in electric blender or mortar. Mix with sugar and add egg whites beaten just enough to blend. The mixture should be thick enough to hold the shape of a cookie when dropped from a spoon.
- Drop heaping teaspoonfuls onto buttered cookie tins and bake until browned (12 to 15 minutes). Cookies will be soft when removed, but will become crisp as they cool on rack.
- This recipe makes about 2 dozen cookies, 2 1/2 to 3-inches in diameter.

Almond Cookies ii - (Almendrados)

Yield > 20

Keys : Cookies Desserts Nuts Spanish Spain European Mediterranean Spanish

Ingredients :

1 1/3	cup	Blanched almonds plus
10	x	Blanched almonds - split lengthwise in two for garnishing
2/3	cup	Sugar
2	x	Egg whites
1	pch	Salt

Method :

- Preheat oven to 400 degrees. Grind the 1 1/3 cups blanched almonds to a fine paste in electric blender or mortar. Mix ground almonds with sugar and salt. Fold in egg whites beaten to a stiff beak. For each cookie, drop equivalent of heaping 1/2 teaspoon of mixture onto buttered sheet. Top each cookie with half an almond. Bake in 400 degree oven until cookies are lightly browned on top (approximately 10 minutes). The inside of the cookie will look still moist when cookie is done. Remove to a rack and cool.
- This recipe makes twenty cookies.

Almond Spongecake - (Bizcocho De Almendras)

Yield > 1

Keys : Cakes Desserts Nuts Spanish Spain European Mediterranean Spanish

Ingredients :

1	**cup**	Blanched almonds
6	**x**	Eggs
1 1/8	**cup**	Cake flour
1	**pch**	Salt
1	**cup**	Sugar
1/4	**cup**	Powdered sugar

Method :

- Preheat oven to 375 degrees. Grind almonds in electric blender or pound in mortar to fine paste. Beat three whole eggs and three yolks with sugar and salt until thick and light yellow. Fold in three egg whites beaten to stiff peak. Gradually sift in flour mixed with ground almonds. Fold no more than necessary to make an evenly blended mixture. Pour into 9-inch loaf pan either lined with wax paper or lightly buttered and sprinkled with flour. Bake 25 to 30 minutes in 375 degree oven or until toothpick inserted in middle of cake comes out clean.
- Invert cake over rack or wax paper sprinkled with powdered sugar. If you have used wax paper, cake will come out instantly; wait until it cools to remove the paper on which it baked. If you have not used wax paper, leave cake inverted in pan until cool. Sprinkle with powdered sugar just before serving.
- This recipe makes one 9-inch loaf cake.

Anchovies Info

Yield > 1

Keys : Fish Spanish Spain European Mediterranean Spanish

Ingredients :

Method :

- Salted anchovies are one of the principal ingredients at the River Cafe. Pesce Azzurro is the commercial name by which the italian government groups small fish like anchovies and sardines. Anchovies are graded by size then salted whole in large barrels or tins of 10kg in weight. The best fish are the largest and they should be red in colour. When a new tin is opened the salt pack should be dry. The shopkeeper will pick the required amount of anchovies carefully from the tin or barrel with wooden tongs to prevent moisture spoiling the remainder They are bought in Italy by the gram
- The best salted anchovies come From Spain from the fishing ports of Omdarroa and Zumai on the Bay of Biscay. The season tests from April to June. The fish are caught sold graded salted and packed all on the same day. First the anchovies are graded by size the largest and most perfect being called Bar 1. These are

always packed in 10kg tins. 16kg of fresh anchovies are carefully layered with coarse sea salt in and on top of the tins using a collar then pressed with cement blocks over a period of three months until they fit into the tin.

- Anchovies graded bar 2 are salted and packed in the same way in 10 kg and 5 kg tins. Anchovies graded bar 3 end bar 4are the smaller fish They are selected salted and packed into large barrels and pressed in the same way for three months then washed filleted and preserved in olive oil. Spanish salted anchovies from 10kg tins are sold all over Italy usually by the gram. Stalls selling just salted fish can be found in many markets. Ortiz the finest brand can be found in specialist shops in the UK. We buy Ortiz Bar 1 anchovies for the restaurant whenever possible.
- To prepare salted anchovies taken dry from the tin rinse under a slow running cold tap to wash off any salt and carefully pull each fillet off the bone. Pat dry and use immediately or cover with extra virgin olive oil.
- Tinned anchovies in oil are no substitute.
- Slim elongated silveryblue anchovies are prized throughout the Mediterranean either fresh or salted. It is a cheap fish but a gastronomes dream. The beloved boquerones of Spanish cuisine the hamsi of Turkish and the gavros of Greek are baked with garlic olive oil lemon and oregano or they are fried crisp.
- They are ubiquitous around the Mediterranean in their salted form. Nowadays however they are more familiar as fillets preserved in brine in jars or in tins with olive oil. There is no doubt that the best are the dried salted ones which should be rinsed properly before being used. People who object to the strong taste of anchovies occasionally first marinate them in milk and then rinse them.
- Salted anchovies will liven up the most frugal of meals which explains their popularity since ancient times. They are used in pizzas with pasta in salads such as Salade Nifoise (qv) and pounded they make the French spread ancho ade and the italian bagna ca(tm)da.

Andalusian Chicken or Pollo Andaluz with Rice and Peas 9

Yield > 3

Keys : Main Poultry Chicken Spanish Spain European Mediterranean Spanish

Ingredients :

CHICKEN:		
12	oz	skinned and boned chicken breast
		olive oil spray
3	x	canned pear halves
12	x	Spanish olives stuffed with peppers (or 3 to 4 per serving)
1	tbl	chopped pitted black olives
3	lrg	garlic cloves peeled and sliced

Method :

- Cut each chicken piece in half. Do not pound chicken; leave thick. Lightly spray an oven-proof casserole and arrange chicken in a single layer. Put pear halves on top. Scattered the olives and garlic.
- Combine marinade ingredients and pour over the chicken. Cover casserole and refrigerate for 4 hours (or overnight).
- LATER, preheat oven to 375F. Cover casserole loosely with foil. Bake chicken for 45 to 50 minutes. Remove foil and bake 10 to 15 minutes longer.
- Meanwhile, cook rice. Add still frozen peas and red pepper to the pan and toss with the hot rice. Cover.
- Transfer the chicken to a serving bowl. Transfer pan liquids to a sauce pan; make a sauce with cornstarch slurry.

MARINADE:		
1/2	cup	canned pear juice
1/4	tsp	orange zest
1/2	tbl	dry sherry
1	tbl	balsamic vinegar
2	tsp	extra virgin olive oil
1	tbl	brown sugar
		generous coarsely ground pepper to taste
1/4	tsp	dried basil
1	tsp	dried marjoram
		(triple the measure when using fresh herbs)
FOR SERVING:		
1 1/2	cup	cooked brown and white rice
2	tbl	diced red bell pepper
2/3	cup	frozen peas
		cornstarch slurry to thicken sauce

- Serve with rice and vegetables. Offer half of the sauce on the side.
- LEFTOVER TIP - Cut the chicken into small pieces; combine with rice. Stuff a pre-cooked acorn squash half or two. Bake to heat thoroughly. Offer reheated sauce on the side.
- Description: "Sweet salty salt - a party dish. The olive-salty and wine-sweet-sour sauce rocks!" Cuisine: "Spain"
- NOTES : A delight! This version of Andalusian chicken comes from an Olive exporter from Spain. It's a Spanish dish with Moorish roots. It features the sauce - which is bold; Sweet fruit; spicy orange and pepper; slightly herbal. Cooked olives lose their pickled appeal and the lead flavor. It's a daring recipe that really came out well. Something to talk about.

Andalusian Crullers - (Pestinos Andaluces)

Yield >	36

Keys : Desserts Spanish Spain European Mediterranean Spanish

Ingredients :

		Grated rind of 1 lemon
		Juice of 1 medium lemon
4	tbl	Milk
6	tbl	Olive oil
1/8	tsp	Cinnamon
1/4	tsp	Salt
4	tbl	Anise liqueur - (or any dry liqueur if anise is unavailable)
4	cup	Flour approximate
3/4	cup	Olive oil for frying
3/4	cup	Sugar for syrup
1/2	cup	Water

Method :

- Put grated rind, lemon juice, milk, cinnamon, salt, 4 tablespoons anise liqueur, and 6 tablespoons olive oil in a bowl. Mix well. Stir in flour until dough is stiff (approximately 4 cups of flour). Let dough rest 1 hour in a cool place.
- Divide dough into four parts, roll it out very thin on a lightly floured surface, and cut it into rectangles about 3 by 2-inches. Heat frying oil to the verge of smoking. Roll up the rectangles and fry them, a few at a time, in the hot oil. Drain on a rack or brown paper.
- Make a syrup by melting 3/4 cup sugar with 1/2 cup water. When it bubbles and starts to thicken, add 1/4 cup anise liqueur. Dip the fried crullers in the hot liquid and drain them on a rack. Sprinkle with sugar while still warm. Let them cool before serving.
- This recipe makes about 3 dozen crullers.

1/4	cup	Anise liqueur - (or any dry liqueur) for syrup

Andalusian Gazpacho - (Gazpacho Andaluz)

Yield > 4

Keys : Gazpacho Soups Stews Spanish Spain European Mediterranean Spanish

Ingredients :

3	lrg	Tomatoes, red ripe coarsely chopped
2	x	Green peppers seeded and sliced
1	x	Garlic clove peeled
5	tbl	Olive oil
2	tbl	Wine vinegar
2	slc	Bread, white part only
4	cup	Ice water
1 1/2	slc	Toasted bread cubed
		Salt to taste

Method :

- If you use a mortar, crush garlic with peppers and a little salt. Add chopped tomatoes and bread previously soaked in water and squeezed. When this is well mixed, gradually add olive oil while blending. Mix in 1/2 cup ice water when oil is completely absorbed. Pass through a sieve into a deep recipient, add vinegar and 3 1/2 cups ice water, season with salt to taste, and serve with cubes of toasted bread on top or in a bowl on the side.
- If you use an electric blender, mix all ingredients simultaneously except ice water and cubes of toast. Blend on low speed for only a few seconds, then strain. Add ice water, check seasoning, and serve as described above.

Andalusian Onion and Potato Omelet

Yield > 4

Keys : Omelets Egg Tubers Root Vegetable Spanish Spain European Mediterranean Spanish Hot Cold

Ingredients :

1	lrg	Onion
5	sm	Potatoes
1/2	cup	Olive oil
4	lrg	Eggs
		Salt and pepper to taste

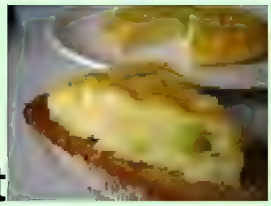
Method :

- Cut Potatoes lengthwise in fine slices. Heat 1/2 cup olive oil in large frying pan. Fry potatoes lightly while chopping onion. Push potatoes into a corner of pan, add chopped onion, and put potatoes on top of onion. Season with salt and pepper. While they cook, chop the potatoes and onion with a spoon or spatula until they are almost a puree. (The potatoes and onion can be fried several hours in advance with equally good results.)
- Allow potato-onion mixture to cool at least 5 minutes before dividing in equal parts and adding to 2 bowls, each containing 2 eggs beat with a little salt. Stir mixtures while

reheating frying pan with additional oil (if needed to cover the bottom of the pan). When the oil is on the verge of smoking, pour in one mixture and keep shaking the pan and sliding a spatula or knife around the edges of the omelet to keep it free and to form a high, rounded edge. When the omelet is almost firm, hold a plate upside down against the frying pan; invert both, dropping the omelet onto the plate as you do so, then slip the omelet back into the pan browned side up. This is easiest to do if the plate you use fits neatly inside the frying pan. Shake the pan while the second side browns. Repeat with second mixture to make another omelet.

- The onion and potato omelet may be served hot or cold as a first course or part of a cold supper.

Andalusian Onion Omelet



Yield > 2

Keys : Egg Omelets Onions Spanish Spain European Mediterranean Spanish

Ingredients :

7	**cup**	Very finely chopped onions 4 to 5 large onions
1/4	**cup**	Olive oil
4	**x**	Eggs
		Salt to taste

Method :

- Heat 1/4 cup olive oil until it crinkles, but is not yet smoking. Put the finely chopped onion to fry over a hot flame. Cover and do not stir during the first 20 minutes. Thereafter it will be necessary to stir the onions more and more frequently to prevent sticking. When the onions have been reduced to a soft, brown puree (after about an hour's cooking), put them aside for at least 5 minutes. (This much may be done several hours in advance if more convenient.)
- Divide the onion mixture in two and add half to each of two bowls containing two eggs beaten with a generous amount of salt. Stir the mixture. Reheat the frying pan. You should not have to add oil for the first omelet, but may need to for the second. When the oil is on the verge of smoking, pour in one mixture and keep shaking the pan and sliding a spatula or knife around the edges of the omelet to keep it free and to form a high, rounded edge. When the omelet is almost firm, hold a plate upside down against the frying pan; invert both, dropping the omelet onto the plate as you do so, then slip the omelet back into the pan browned side up. This is easiest to do if the plate you use fits neatly inside the frying pan. Shake the pan while the second side browns. Serve at once. Repeat for the second mixture.
- Comments: "Catalan Onion Omelet" (recipe included in this database) is a good, rapidly made dish. "Andalusian Onion Omelet" is a kind of miracle; it is more than the sum of its parts. The long, slow frying of huge quantities of onion reduces them to a puree which blends with the eggs to produce an extraordinary dish, well worth the time it takes.

Annatto Oil

Yield > 1

Keys : Puerto Condiments Costa_Rican Costa Rican Central American Spanish Spain European Mediterranean

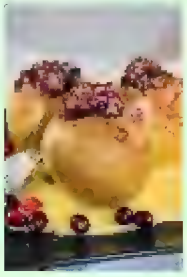
Ingredients :

2	**cup**	Vegetable oil
1	**cup**	Annatto seeds * see note

Method :

- * Note: Available in Latino markets.
- Place the oil in a 2-quart heavy saucepan and heat to about 350 degrees. Add the annatto seeds and remove the pan from the heat. Allow to cool and strain the oil in to a glass jar.
- This recipe makes 2 cups of annatto oil.

Apples Stuffed with Catalan 'Burnt Cream'



Yield > 4

Keys : Desserts Spanish Spain European Mediterranean

Ingredients :

4	**lrg**	baking apples
		butter
1/2	**cup**	sugar
1/2	**x**	recipe Crema Catalana (see

Method :

- Prepare the Crema Catalana.
- Core the apples, being careful not to cut through the bottoms. Pare a one-inch strip from around the top of each.
- Lightly butter a baking dish and arrange apples in dish. Bring 1/2 cup of water to a boil, then stir in half the sugar. Pour mixture over apples. Bake uncovered in a 350 degree

		recipe)

oven, basting occasionally, for 30 to 40 minutes, or until apples are tender and the skin begins to crack. Remove the apples from the oven and allow them to cool for about 10 minutes, continuing to baste occasionally.

- Fill each apple with Crema Catalana (some may be left over). Sprinkle the top of each with remaining sugar and place under a hot broiler until the sugar is dark brown. Allow to cool slightly before serving.
- This recipe yields 4 servings.
- Description: "(Pomes Farcides Amb Crema Catalan)"

Arroz Con Garbanzo (Spanish Rice and Beans)

Yield > 4

Keys : Spanish Spain European Mediterranean

Ingredients :

2	**tbl**	olive oil
19	**oz**	canned chickpeas, (2 cups)
		drained and rinsed
1/2	**tsp**	cayenne pepper
1	**med**	yellow onion. diced, (2 cups)
10	**med**	garlic cloves, crushed
1	**cup**	uncooked long grain white rice
1 1/2	**tsp**	saffron strands
2	**cup**	vegetable broth
1	**cup**	dry sherry
1	**x**	ripe medium tomato, diced (1 cup)
14	**oz**	canned sliced red pimientos, (1 cup)
		drained and diced

Method :

- Preheat oven to 350 degrees F. Heat olive oil in a large nonstick frying pan. Add chickpeas and cayenne and saute on high 1 minute. Remove to a plate, lower heat to medium-high, add onion and garlic, and saute 5 minutes. Add rice to frying pan. Saute a few seconds. Sprinkle saffron over rice and add broth. Bring to a simmer and add sherry, tomato, and pimientos. Return chickpeas to frying pan. Cover and simmer 15 minutes.
- Add peas and olives and cook 1 minute. Add salt and pepper to taste.
- Place bread in oven to warm through, 5 to 7 minutes.

1	cup	frozen petite peas
20	x	pitted black olives, cut in half
1	loaf	Cuban bread
		Salt and freshly ground black pepper, to taste

Arroz Con Pollo

Yield > 4

Keys : Chicken Main Dish Poultry Spanish Spain European Mediterranean

Ingredients :

1	cup	long grain white rice
1 1/2	cup	water
1	cup	water
1	x	chicken - (abt 3 lbs) cut serving pieces
		Paprika to taste
		Salt to taste
		Freshly-ground black pepper to taste
2	tbl	vegetable or olive oil
2	med	onions chopped
1	x	garlic clove minced

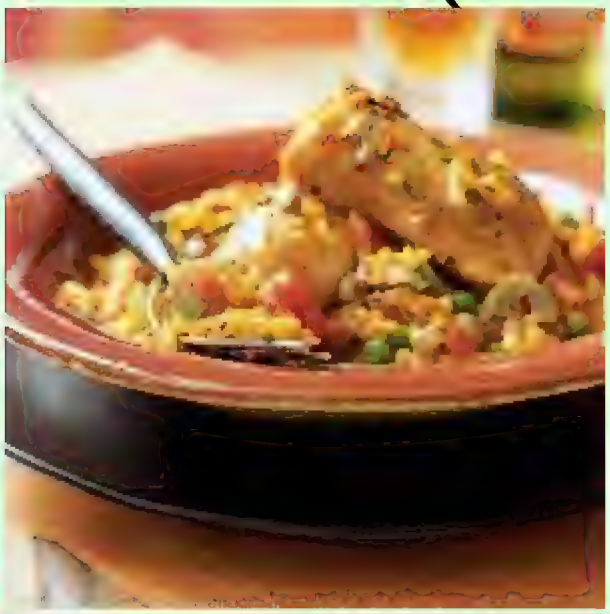
Method :

- Combine rice and 1 1/2 cups water in a metal bowl which will fit loosely in a 4- or 6-quart pressure cooker. Place 1 cup water, cooking rack or steamer basket, and bowl in pressure cooker.
- Close pressure cooker cover securely. Place pressure regulator on vent pipe. Cook for 5 minutes, at 15 pounds pressure, with pressure regulator rocking slowly. Let pressure drop of its own accord. Remove bowl of rice and allow to steam uncovered while preparing chicken.
- Remove water and rack or basket from pressure cooker. Sprinkle chicken with paprika, salt, and pepper. Heat oil in pressure cooker. Brown chicken a few pieces at a time; set aside.
- Saute onions and garlic until tender. Return all chicken to pressure cooker; add bay leaf, red pepper, saffron, and chicken broth.
- Close pressure cooker cover securely. Place pressure regulator on vent pipe. Cook for 8 minutes, at 15 pounds pressure, with regulator rocking slowly. Cool pressure cooker at once.

1/2	tsp	crushed red pepper
1/4	tsp	saffron
1	can	chicken broth - (13 1/2 oz)
1	x	tomato peeled, chopped
1	pkt	frozen green peas - (10 oz)
1	cup	sliced green olives
1	jar	pimiento - (4 oz) sliced

- Remove chicken and stir in rice, tomato, green peas, sliced olives, and pimiento. Return chicken to pressure cooker and heat to a simmer, uncovered.
- This recipe yields 4 to 6 servings.
- Comments: Modern Spanish cuisine has been profoundly influenced by the Moors, who occupied Spain for 700 years. The Moors, a cultured and sophisticated people, brought technological as well as culinary expertise to Spain's primarily peasant population. For example, the Moors brought irrigation to Spain and introduced the cultivation of rice, now a staple in any Spanish meal. Spain's popular Arroz Con Pollo (Chicken with Rice) is delicious served with an orange and onion salad and caramel custard for dessert.

Arroz Con Pollo (Chicken-Spanish Style)



Yield > 4 to 6 servings

Keys : Chicken Poultry Spanish Spain European Mediterranean

Ingredients :

1	x	chicken (2 1/2 to 3 1/2 lb.), cut up
1	tsp	salt
1/4	tsp	pepper
1/4	tsp	chili powder
1	clv	garlic, minced
1/8	tsp	saffron powder
2	cup	chicken broth
2	tbl	sherry

Method :

- In 3 quart casserole, place chicken bony-side up and meaty piece around edges. Sprinkle with salt, pepper, chili powder, garlic and saffron. Add broth and sherry. Insert temperature probe so tip rests in liquid on bottom of dish, halfway between center and side. Cover tightly with plastic wrap, arranging loosely around probe to vent. Attach cable end at receptacle. Microwave at Automatic Simmer 4 to 6 hours. To finish: To casserole, add 2 cups cooked rice, 1 package (10 ounce) defrosted frozen peas and 1/2 cup sliced stuffed olives. Cover and microwave at High 5 minutes, until vegetables are hot.
- Makes 4 to 6 servings.

Arroz Criollo (Early Spanish Rice)

Yield > 1 Servings

Keys : Spanish Spain European Mediterranean

Ingredients :

A		
1/2	**cup**	Chopped green pepper
1/4	**cup**	Chopped onion
1	**x**	Clove garlic, (minced)- OR 1/8 tsp. minced garlic
1/2	**tsp**	Basil leaves
2	**tsp**	Hot oil
B		
2	**cup**	Water
1	**cup**	Regular rice
1	**cup**	Tomato, (chopped)*
1	**tsp**	Salt
1/4	**tsp**	Pepper

Method :

- In skillet cook "A". Cook until vegetables are tender. Then stir in "B".
- Cook covered, over low heat until rice is done, about 20 minutes. serves 6-8.
- NOTE- the recipe says 6 - 8 but i think that is as a side dish serving. i could personally eat this entire thing if i was given an hour break in between the two servings.
- * i love tomatoes and so i use more than the specified 1 cup. i usually use about 1 1/2 - 1 3/4 cup of tomatoes

Artichoke Salad with Romesco - (Ensalada Al Romesco)

Yield > 6

Keys : Appetizers Salads Dressings Spanish Spain European Mediterranean

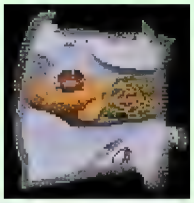
Ingredients :

6	**stalk**	celery stalks cut diagonally
		into 2 1/2" pieces
		Salt to taste
2	**tsp**	sweet pimenton (not smoked) see * Note
1/2	**tsp**	hot pimenton see * Note
		Water as needed
2	**doz**	almonds blanched, skinned
1/4	**cup**	olive oil divided
1/4	**cup**	chopped Italian parsley
3	**x**	garlic cloves
2	**tbl**	red wine vinegar
2	**can**	artichoke hearts - (13 3/4 oz ea) drained, quartered
3	**cup**	chopped lettuce or escarole
1	**x**	hard-boiled egg sliced
1	**tsp**	chopped fresh mint leaves
1	**tbl**	chopped green onion

Method :

- * Note: Spanish pimenton comes in three flavors-dulce (sweet), agridulce (bittersweet) and picante (spicy hot). Each is made from a different subspecies of pepper. Sweet pimenton, smoked or unsmoked, is the most versatile, while the bittersweet adds an interesting complexity to a dish. The spicy-hot is packed with flavor and really not at all fiery to most palates. Substitute Spanish pimenton in any recipe calling for paprika.
- Blanch the celery in boiling salted water 6 minutes. Drain and refresh it under cold water. Set it aside.
- Combine the sweet and hot pimenton in a small bowl and mix it with 1/4 cup water until it is smooth.
- Toast the almonds in 2 teaspoons of the oil in a small skillet over medium-low heat until they are golden, 3 to 4 minutes. Remove from the heat.
- Chop the parsley in a food processor, then add the garlic and process until it is finely chopped. Add the toasted almonds and process until they are finely ground. Add 1/2 teaspoon of salt, the vinegar and 1/2 cup of water and continue to process until the mixture is quite smooth. Add the pimenton paste and the remaining oil. This makes 1 cup of dressing. (The dressing can be served with other vegetables and salads.)
- Place the artichoke hearts and celery in a bowl and top with the dressing. Marinate 1 hour at room temperature.
- Prepare a bed of lettuce or escarole on a large platter. Arrange the artichokes and celery on top. Garnish with the egg, mint and onion.
- This recipe yields 6 appetizer servings.
- NOTES :

Asparagus a La Parilla with Parsley and Ham Sauce



Yield > 2

Keys : Side Dish Vegetables Herbs Spanish Spain European Mediterranean

Ingredients :

2	**tbl**	olive oil
1/2	**tsp**	chopped garlic
1	**oz**	serrano ham or prosciutto diced 1/8" cubes

Method :

- In a small pan, heat 1 tablespoon olive oil, add the garlic and the ham, and cook, stirring, 1 minute. Add the stock and parsley and cook another minute or two. Season with salt, pepper, and lemon juice to taste and set aside.
- Sparingly trim the stalk end of each asparagus. Lightly brush each spear with the remaining oil.

2	tbl	stock or water
2	tbl	chopped flat-leaf parsley
		Salt to taste
		Freshly-ground black pepper to taste
1	tsp	lemon juice - (to 2)
12	med	-thick asparagus spears - (to 18)
1/2	tsp	coarse salt

- Heat a well-seasoned griddle or nonstick pan and when hot sprinkle the griddle with the coarse salt. Add the asparagus, cover, and cook until lightly charred on one side. Turn and cook them, uncovered, until they are limp. Divide and arrange on serving dishes. Serve at once.
- This recipe yields 2 servings.
- Comments: The flat iron grill plate that the Spanish call a parilla is used for searing fish, shellfish, poultry, and wild mushrooms, producing a pure, clean, slightly metallic taste, ideal for many tapes.
- In The Flavours of Andalucia, Elisabeth Luard describes a method of grilling asparagus that doesn't require blanching, calling the application of sizzling dry heat to fresh green asparagus "a stroke of genius." She goes on to say, "You will never want to cook it any other way; the flavor is incomparable.
- The thick green asparagus are brushed lightly with oil and set on a hot griddle. The spears are then cooked until spotted black on all sides, then embellished with a sauce of chopped cured ham, garlic, lemon juice, and oil.

Asparagus Omelet

Yield > 1

Keys : Omelets Egg Spanish Spain European Mediterranean Spanish

Ingredients :

4	x	Asparagus tips cooked
		(or canned or frozen asparagus tips)
2	x	Eggs
1/4	cup	Olive oil
1	pch	Salt

Method :

- Boil fresh asparagus 15 to 20 minutes or until tender. Only the tender parts of fresh asparagus should be used in the omelet. Cut into 1-inch pieces, heat briefly in hot olive oil, and allow to cool a few minutes before adding to bowl containing two eggs beaten with salt. Stir mixture while reheating frying pan with additional oil (if needed to cover the bottom of the pan). When the oil is on the verge of smoking, pour in mixture and keep shaking the pan and sliding a spatula or knife around the edges of the omelet to keep it free and to form a high, rounded edge. When the omelet is almost firm, hold a plate upside down against the frying pan; invert both, dropping the omelet onto the plate as you do so, then slip the omelet back into the pan browned side up. This is easiest to do if the plate you use fits neatly inside the frying pan. Shake the pan while the second side browns. Serve at once.

Assorted Baked Shellfish - (Mariscada a La Marinera)

Yield > 6

Keys : Clams Mussels Seafood Spanish Spain European Mediterranean Spanish

Ingredients :

3	doz	Small clams cleaned
3	doz	Mussels cleaned
1	lrg	Onion minced
1	sm	Tomato - peeled seeded and chopped
1	sm	Garlic clove minced
3	tbl	Olive oil
1	tsp	Flour rounded tsp
1	tbl	Chopped parsley heaping tbsp
1	pch	Ground pepper

Method :

- Preheat oven to 400 degrees. Put cleaned shellfish in a saucepan and shake gently over moderate heat for 3 to 4 minutes until they open. Remove shellfish to ovenproof pan. Strain juice through kitchen towel and reserve for later use.
- Slowly fry the minced onion in 3 tablespoons hot olive oil. Add tomato when onion begins to take on color. After liquid from tomato has evaporated, add minced garlic clove, chopped parsley, and flour. Stir to prevent burning while flour cook for 1 minute. Pour in liquid reserved from cooking of shellfish. Add pepper. Boil sauce for 1 to 2 minutes while stirring. Pour sauce over shellfish and bake in 400 degree oven 6 to 7 minutes.
- Comments: Mariscada A La Marinera can be made with any assortment of shellfish locally available. If you use large-shelled seafood, you may wish to remove one shell from each mollusk before covering with sauce. The recipe is Galician, and the version given above is from the Hogar Gallego in Madrid.

Assorted Fish in Peppery Sauce - (Zarzuela)

Yield > 6

Keys : Clams Mussels Crayfish Fish Ocean Seafood Spanish Spain European Mediterranean Spanish

Ingredients :

6	**x**	Crayfish
12	**x**	Prawns
30	**x**	Mussels cleaned
6	**sm**	Squid cleaned
12	**slc**	Two kinds of firm white fish center slices
		(halibut, haddock, sea bass)
1/2	**cup**	Olive oil
1	**med**	Onion minced
3/4	**cup**	Canned tomatoes forced through sieve
4	**doz**	Toasted hazelnuts peeled
3	**sm**	Garlic cloves peeled
3	**sprg**	Fresh parsley
10	**dsh**	Absinthe or anise flavored liqueur
		(or a pinch of aniseed)
1 1/2	**x**	to 2 1/2 cups Water

Method :

- Cut squid in rings. Open mussels by shaking them in a pan over moderate heat. Strain juice through a kitchen towel for use in sauce. Wash crayfish and prawns, but do dot peel.
- Brown onions slowly in olive oil. Increase heat, add tomato, and let it cook 1 minute. Season with pepper. Add slices of fish with squid cut in rings. Spoon sauce over them and let them cook over a rather hot fire. In a mortar, crush the hazelnuts with the garlic and parsley to a smooth paste (or mix in an electric blender with 1/2 cup water). When the fish has been cooking 4 to 5 minutes, turn it over. Season with salt. Two minutes later, add the strained juice from the mussels, 1 cup cold water, and the prawns and crayfish. Cook 2 minutes more. Add cooked mussels. Dilute contents of mortar with 1/2 cup water. Add to sauce in pan and stir. Add water if necessary to prevent sauce from sticking to bottom of pan. When the slices of fish are tender, remove them to a warmed serving dish. Sprinkle liqueur over the sauce, stir it well over heat, and pour the contents over the fish in the serving dish.
- Comments:
This recipe is a Catalan version of Zarzuela from Restaurante Pi in Vendrell (Tarragona). The Basques also make Zarzuela, but use cognac instead of absinthe and cayenne instead of ground white pepper. Either version requires five or more varieties of fish and shellfish. The dish is only good prepared and served at once, but it can be made in 20 minutes, start to finish.

1/2	tsp	Ground white pepper or more to taste
		Salt to taste

Aubergine Omelet

Yield > 1

Keys : Egg Omelets Aubergine Spanish Spain European Mediterranean Spanish

Ingredients :

1/2	x	Aubergine
2	x	Eggs
1/4	cup	Olive oil
1	pch	Salt

Method :

- Cut aubergine in half lengthwise and slice crosswise. Salt it and allow to stand a half hour. Squeeze out liquid and fry in hot oil. When browned, allow to cool, add to bowl containing two beaten eggs. Stir mixture while reheating frying pan with additional oil (if needed to cover the bottom of the pan). When the oil is on the verge of smoking, pour in mixture and keep shaking the pan and sliding a spatula or knife around the edges of the omelet to keep it free and to form a high, rounded edge. When the omelet is almost firm, hold a plate upside down against the frying pan; invert both, dropping the omelet onto the plate as you do so, then slip the omelet back into the pan browned side up. This is easiest to do if the plate you use fits neatly inside the frying pan. Shake the pan while the second side browns. Serve at once.

Aubergine with Cheese (Berenjena Con

Questo)

Yield > 1 Servings

Keys : Spanish Spain European Mediterranean Spanish

Ingredients :

1 1/2	**lb**	Aubergine, peeled and cut into 1/2 inch slices (up to 2)
1	**cup**	Chicken broth
1/4	**cup**	Ground walnuts
3	**tbl**	Chopped onion
1	**tbl**	Chopped flat parsley
		Salt to taste
		Freshly ground black pepper
2	**tbl**	Olive oil
1/2	**lb**	Shredded mozzarella cheese
1	**tsp**	Ground cinnamon
1	**tsp**	Ginger
1	**tbl**	Chopped parsley for garnish

Method :

- This recipe was inspired by Ruperto de Nola, author of Libre de Coch, the historic catalan cook book published in 1477. The orignal recipe was crated
- Place the aubergine slices in a baking pan with 1/4 cup of the broth. Bake in a 375 deg preheated oven for about 10 minutes or until almost cooked.
- Meanwhile in a food processor or blender, mix the walnuts, onion, parsley, the remaining broth, salt and pepper to taste, and the oil. Blend until smooth. Pour the mixture over the aubergine. Cover each slice with cheese and sprinkle cinnamon and a dash of ginger over the cheese. Continue baking for 10 minutes more or until the cheese has melted. Remove the aubergine to a serving platter. Pour the sauce over it and garnish with chopped parsley.

Backyard Spanish Rice

Yield > 8

Keys : Spanish Spain European Mediterranean

Ingredients :

2	tbl	olive oil
1/2	cup	chopped tomato
1/2	cup	chopped red pepper
1/4	cup	chopped red onion
1	tbl	minced garlic
2	cup	long grain rice
3 1/2	cup	cold water
2	tbl	rice wine vinegar
2	tbl	Worcestershire sauce
1	dsh	salt and pepper
		splash freshly squeezed lemon juice
		splash freshly squeezed lime, juice

Method :

- Heat oil in Dutch oven over medium heat. Add onions, peppers, and garlic, and saute for 1 minute or until softened.
- Add tomatoes, rice, water, vinegar, Worcestershire sauce, salt and pepper, bring to a boil, cover, and turn heat to low. Simmer, covered for 20 minutes or until rice is tender.
- Remove lid, fluff rice with a fork and sprinkle lemon and lime juice over top. Serve immediately.

Baked Chicken a La Aleda

Yield > 4 Servings

Keys : Meats Poultry Spanish Spain European Mediterranean

Ingredients :

1	x	Chicken, 3.5 lbs
6	cl	Garlic, peeled
1/2	tsp	Salt
1/4	tsp	Pepper
3	tbl	Lemon juice
2	lrg	Potatoes, peeled, boiled until just tender and cut into 1/2" slices

Method :

- Preheat the oven to broil. Rinse chicken under running water, remove all visible fat and any pieces of kidney left in the body cavity. Pat dry inside and out with paper towels. Place the garlic, salt, pepper and lemon juice in the bowl of mini-processor and process until smooth or mince the garlic and mix well with other seasonings. Carefully separate the chicken's skin form its flesh and rub the garlic mixture between skin and flesh; rub the inside and out very well. Tie the chicken and place it breast-side down in a roasting pan with 1/2-inch water or chicken stock. Turn the oven down to 400 degrees but leave it on broil. Place the pan in the lowest rack of the oven. Roast for 50 minutes.
- Turn the chicken breast side up and add more liquid if necessary to maintain 1/2 inch at the bottom of the pan. Continue to roast another 20 minutes or until the breast is well browned. Remove fron the oven, remove the chicken to a

cutting board and cover loosely to keep warm. Adjust the liquid level in the roasting pan again and add potato slices. Roast for about 10 minutes or just until potaoes colour slightly. Transfer potatoes to serving platter, carve chicken and place the pieces on top of the potatoes.

Baked Eggs with Ham and Sausage

Yield > 4

Keys : Egg Spanish Spain European Mediterranean Spanish

Ingredients :

		(Huevos Al Plato A La Flamenca)
8	**x**	Eggs
8	**slc**	Chorizo or peperoni sausage small slices
4	**oz**	Cured ham
1/2	**x**	Sweet red peppers canned or precooked
2	**sm**	Tomatoes peeled and chopped
1/2	**cup**	Olive oil
2	**tbl**	Olive oil
2	**tbl**	Peas - cooked or canned heaping tbsps

Method :

- Cut half the ham into small cubes; divide remainder into eight triangular pieces. Cut pepper into eight similar triangles. Peel and seed tomatoes and chop them. Dice green beans and asparagus tips. Preheat oven to 375 degrees.
- Heat 1/2 cup olive oil and fry the cubed ham. When it is browned, add the peas, beans, and asparagus tips. When they are caught, add the tomatoes and sprinkle over the mixture a few drops of sherry and a few drops of bouillon. Let it cook for a few minutes until the sauce is reduced.
- The eggs can be made in one large baking dish or in individual ramekins (of porcelain, pyrex, or earthenware). Line the dish or dishes with the contents of the frying pan and add the eggs one by one, breaking them first into a saucer, then sliding them into the baking dish. Fry slices of chorizo and the triangles of ham lightly in the remaining olive oil. Sprinkle a little salt on the whites of the eggs only. Decorate the edges of the dish or dishes with alternating pieces of chorizo, ham, and pepper. Sprinkle the oil from the frying of the chorizo and ham over the top, place the dish in a pan of boiling water and bake in a preheated 375 degree oven for 6 to 10 minutes or until the whites are cooked but the yolks still tremble slightly. Serve at once.

2	**tbl**	Green beans - cooked or canned heaping tbsps
2	**tbl**	Asparagus tips - cooked or canned
2	**dsh**	Sherry or a few drops
2	**dsh**	Bouillon or a few drops

- Comments: This is an unabbreviated version of the renowned classic dish from Seville, the recipe of a chef and gastronomic authority. It makes an economical and very decorative first course.

Baked Garlic and Pepper Salad

Yield > 4

Keys : Salads Dressings Spanish Spain European Mediterranean

Ingredients :

3	tbl	Sherry vinegar
1	tbl	Fresh lemon juice
1/3	cup	Olive oil
		Salt to taste
		Freshly-ground black pepper to taste
2	x	Garlic heads
3	x	Red bell peppers
3	x	Green bell peppers
6	x	Tomatoes
		Olive oil

Method :

- In a small bowl, whisk together the vinegar, lemon juice, and olive oil. Season to taste with salt and pepper. Set aside until ready to use.
- Preheat oven to 425 degrees.
- Cut 1/2-inch off the tops of the heads of garlic, so the cloves are just visible. Rub the heads of garlic, bell peppers and tomatoes with olive oil to coat them. With a paring knife, cut a cross across the stem end of each tomato. Place all the vegetables on a baking sheet and roast for 30 to 40 minutes, turning every 10 minutes.
- Immediately place all the vegetables in a large bowl, cover with plastic wrap and leave to cool, about 30 minutes. Peel the peppers and tomatoes, remove the seeds, and cut vegetables into strips. Squeeze the garlic cloves from their skins. Arrange the vegetables on a large serving platter, or on individual plates, season with salt and pepper to taste, and drizzle with the reserved dressing.
- This recipe yields 4 to 6 servings.

Baked Lamb Chops with Ham, Sausage, and Tomatoes - **

Yield > 6

Keys : Lamb Main Dish Meats Spanish Spain European Mediterranean Spanish

Ingredients :

		(Chuletas De Cordero A La Navarra)
2	x	to 3 Rib lamb chops per person
		(depending on size of chops)
1/4	lb	Cured ham cubed
12	slc	Chorizo (or pepperoni) sausage very thin slices
1	lrg	Onion chopped fine

Method :

- Preheat oven to 350 degrees. Fry chops in combined lard and olive oil. As chops are browned, put them in a large, ovenproof casserole. In the same lard and olive oil, fry cubed ham with chopped onion. When onion is soft and golden, add peeled, chopped tomatoes. Let mixture boil 1 minute, mix in a very small pinch of salt and a little ground black pepper, and spread mixture over chops. Place chops in oven and bake, covered, for 30 minutes. This much can be done hours in advance if you prefer.
- Ten to 15 minutes before serving, place thin slices of sausage over meat and bake in top part of hot oven until sausage begins to melt. Serve in the casserole in which it baked.

4	lrg	Tomatoes, very ripe peeled and chopped
2	tbl	Lard
2	tbl	Olive oil
1	pch	Salt very small pinch

Baked Spanish Beef Patties

Yield > 100 Servings

Keys : Meats Spanish Spain European Mediterranean

Ingredients :

19 1/8	lb	TOMATOES # 10 CAN
12	oz	ONIONS DRY
1 1/8	lb	PEPPER SWT GRN FRESH
1/2	cup	FLOUR GEN PURPOSE 10LB
2	oz	SUGAR, GRANULATED 10 LB
1	cup	SHORTENING, 3LB
1	tsp	PEPPER BLACK 1 LB CN
4	tsp	SALT TABLE 5LB

Method :

- PAN: 18 BY 24-INCH ROASTING PAN TEMPERATURE: 325 F. OVEN
- 1. ADD SUGAR TO TOMATOES; HEAT TO BOILING.
- 2. SAUTE' ONIONS AND PEPPERS IN SHORTENING OR SALAD OIL UNTIL TENDER.
- 3. STIR FLOUR INTO SAUTEED' MIXTURE; COOK ABOUT 2 MINUTES.
- 4. COMBINE TOMATOES, AND PEPPER WITH ONION MIXTURE. BRING TO A BOIL, STIRRING CONSTANTLY..
- 5. PLACE 100 HAMBURGERS ON END IN EACH PAN. POUR AN EQUAL QUALITY SAUCE OVE HAMBURGERS IN PAN.
- 6. BAKE 30 MINUTES OR UNTIL TENDER.
- NOTE:
- 1. IN STEP 2, 13 OZ DRY ONIONS A.P. WILL YIELD 12 OZ CHOPPED ONIONS AND 1 LB 4 OZ FRESH SWEET PEPPERS A.P. WILL YIELD 1 LB CHOPPED PEPPERS.
- NOTE:
- 2. IN STEP 2, 1 1/2 OZ (1/3 CUP PLUS 3 TBSP) DEHYDRATED ONIONS and 2 1/2 OZ (2 CUPS) DEHYDRATED GREEN PEPPERS (SEE RECIPE CARD A-11)
- OR 1 LB (3 CUPS) FROZEN DICED GREEN PEPPERS MAY BE USED.
- NOTE:
- 3. IN STEP 5, REMOVE FAT FROM CANNED HAMBURGERS BY PLACING UNOPENED CANS IN HOT WATER FOR 5 MINUTES.
- NOTE:
- 4. OTHER SIZES AND TYPES OF PANS MAY BE USED. SEE RECIPE CARD
- SERVING SIZE: 2 PATTIES

Baked Spanish Eggs

Yield > 6

Keys : Casseroles Breakfast Chile Pepper Rave Reviews Casserole Spanish Spain European Mediterranean

Ingredients :

3	x	Corn tortillas cut into
1	x	-inch squares 2T olive oil (for sauteing) - (original)
2	med	Onions quartered and thinly sliced
2	x	Cloves garlic minced
1	med	Green pepper diced
2	med	Tomatoes diced
6	x	egg substitute beaten
		(original called for 6 whole eggs)
3	tbl	skim milk or lowfat milk
1	oz	green chiles chopped
1/2	tsp	Ground cumin
1/2	tsp	Dried oregano
2	tbl	minced fresh cilantro or parsley
		(To 3 tb)

Method :

- Servings: 6
- Preheat the oven to 350 degrees. Heat a large skillet. Toast the cut tortillas on the dry skillet over moderate heat, stirring occasionally, until they are crisp. Transfer to a plate to cool. Heat the oil in the same skillet. Add the onions and saute over moderate heat until transplucent.
- Add the garlic and pepper and saute until the onion turns golden and the peppers soften. Add the tomatoes and saute for another 2 to 3 minutes, just until they soften a bit. Combine the beaten eggs with the milk in a mixing bowl. Stir in the mixture from the skillet, the tortilla bits, and all the remaining ingredients. Oil two 9-inch pie tins and divide the mixture among them. Bake for 25 to 30 minutes, or until set and golden on top. Let stand for 10 minutes before serving, then cut into wedges to serve.
- Vegetarian Celebrations by Nava Atlas

		salt and freshly ground pepper to taste

Baked Spanish Rice

Yield > 6 Servings

Keys : Casseroles Rice Spanish Spain European Mediterranean

Ingredients :

4	**slc**	Bacon
1	**cup**	Onions, chopped
1/2	**cup**	Green pepper, diced
16	**oz**	Canned tomatoes
8	**oz**	Tomato sauce
2	**tsp**	Sugar
1/2	**tsp**	Salt
1 1/3	**cup**	Long-grain rice
1/2	**cup**	Cheddar cheese, shredded

Method :

- 1. In skillet over med, fry bacon until crisp. Drain on paper towels, crumble, and set aside. Pour off all but 2 tbsp drippings.
- 2. In hot drippings, cook onions and pepper until tender.
- 3. Drain tomato liquid into measuring cup. Add water to make 1 3/4 cups.
- Cut up tomatoes.
- 4. To onion mixture, add liquid, tomatoes, tomato sauce, sugar and salt.
- Heat to boiling.
- 5. Remove from heat and stir in rice. Pour into greased 1 1/2-qt casserole.
- Cover and bake at 350F for 35 mins or until rice is tender and liquid absorbed.
- 6. Fluff rice with fork. Sprinkle with cheese and bake 5 more mins.
- Garnish with bacon.
- My notes: I made so many changes (2/98) it's hardly the same recipe. I omitted bacon (good) and tomato sauce (okay but not great), added extra water to make up for the sauce, added garlic (minced, in with the onion), and italian seasonings for flavour.

Banana-Cheese Empanadas

Yield > 8 Servings

Keys : Texan Fruits Vegan Cheese Eggs Tropical Spanish Spain European Mediterranean Mexican Mexico Mex Central American Hot

Ingredients :

2	cup	Unbleached white flour
1/2	tsp	Salt
1/2	cup	Water
		Medium banana, just ripe
1/4	lb	Jack or mild cheddar cheese*
2	tbl	Butter

Method :

- *Cut in small thin slices.
- Note: the empanadas may be sauted or baked. If you are going to bake them, preheat oven to 375F and butter a cookie sheet.
- 1)Combine flour and salt in a medium-sized bowl. Make a well in the center.
- 2)Pour in the water and stir until reasonably well combined. Then turn out on a floured surface and knead until smooth (5 minutes). 3)Divide the dough into 8 equal parts, and knead each one into a small ball. Set the balls aside. 4)Peel the banana and cut it laterally into quarters. Cut each quarter in half lengthwise. 5)Roll out each ball of dough into a circle approximately 5 inches in diameter. Place a couple of small cheese slices near the center, and cut a 1/8-inch piece of the banana into several small strips on top of the cheese. Lightly brush the edges of the dough with water, and fold the dough over the filling, as you would a turnover. Crimp the edges securely with a fork. Set the finished empanada aside and repeat until you have 8. 6)To Saute: for every four empanadas melt 1 TB butter in heavy skillet and saute over medium heat for about 5 minutes on each side..
- To Bake: arrange the empanadas on the buttered cookie sheet, making absolutely sure they are securely closed. (If cheese creeps out during baking, it will burn.) Brush the tops lightly with melted butter, and bake at 375F for 12 to 15 minutes.
- Serve hot.
- from Still Life with Menu

Barbecued Butterflied Chicken

Yield > 4

Keys : Chicken Main Dish Poultry Bbq French France European Mediterranean Spanish Spain

Ingredients :

2	lrg	shallots minced (1/3 cup)
2	lrg	cloves garlic minced
2	tbl	minced fresh rosemary
1	x	chicken - (3 1/2 to 4 lbs)
MARINADE		
1/2	cup	freshly-squeezed orange juice
1/4	cup	orange marmalade
3	tbl	sherry wine vinegar
2	tbl	olive oil
		Salt to taste
		Freshly-ground black pepper to taste

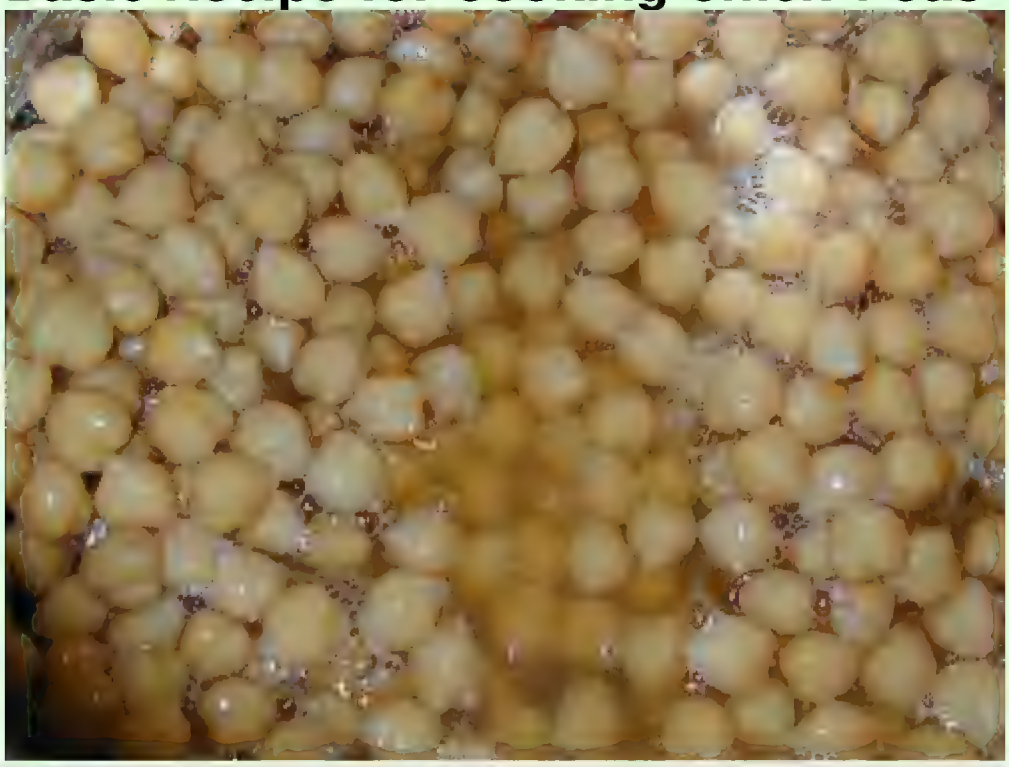
Method :

- In a small bowl, combine shallots, garlic and rosemary.
- Butterfly chicken or have butcher do it for you. Using your fingertips, gently loosen skin from chicken breast and thighs. Spread about 1 tablespoon shallot mixture on each chicken breast and thigh underneath the skin.
- In large re-sealable food storage bag or in a glass baking dish combine remaining shallot mixture, orange juice, marmalade, vinegar and oil. Add chicken to marinade, turning to coat. Reseal food storage bag or cover chicken in dish with plastic wrap. Marinate in refrigerator at least 8 hours, turning chicken occasionally.
- Prepare grill for indirect cooking method. When coals are medium-hot (when you can hold your hand above coals for just 3 seconds), remove chicken from marinade, reserving marinade. Season chicken with salt and pepper.
- Place chicken, skin-side up on grill rack directly over drip pan. Brush chicken with some reserved marinade. Cover with grill lid and grill chicken 40 minutes, checking every 10 minutes to make sure it is not burning. Turn chicken, skin-side down on grill rack over drip pan. Brush with marinade. Cover and grill chicken 20 to 30 minutes longer or until juice run clear (or instant read thermometer registers 170 degrees. Discard remaining marinade.
- Cut the chicken into six or eight pieces and serve on a bed of lettuce greens.
- This recipe yields 4 to 6 servings.
- Comments: Butterflying a chicken enables you to spread

it out and grill it in one piece so it gets cooked evenly.

- This recipe lets you create a wonderful crunchy-skinned chicken dish with very little effort and is perfect for a summer barbecue. Make sure you place a drip pan immediately beneath the chicken when you grill it. (This reduces flare-ups and keeps the meat moist.)
- Wine Recommendation: I love to serve rose at a summer barbecue. It's light, fresh and goes wonderfully with chicken dishes, especially grilled chicken. Try Bonny Doon's Vin Gris from Santa Cruz, or look for a Provencal rose from France or one of the delicious roses that are being imported from Spain.

Basic Recipe for Cooking Chick-Peas



Yield > 4

Keys : Dried Beans Spanish Spain European Mediterranean Spanish

Ingredients :

2	**cup**	Dried chick-peas
1	**x**	Onion sliced
1	**tsp**	Baking soda
1/2	**tsp**	Salt
1	**x**	Garlic clove peeled

Method :

- Wash chick-peas, sort over to eliminate any stones and bits of shell, and soak overnight before using. Put in casserole with salt, soda, sliced onion, and peeled garlic clove. Cover with tepid water 4 fingers higher than the level of the chick-peas. Cook uncovered over low fire until tender (but not mushy). Chick-peas should boil gently throughout cooking time, which will be between 3 and 6 hours. They must be covered with water at all times. If it is necessary to add, use boiling water. When cooked, drain thoroughly and remove onion and garlic.
- Comments: Cooked chick-peas are good in omelets (see

"Chick-Pea Omelet" - recipe is included in this database). They are sometimes served alone, fried in olive oil, and sometimes sauteed with cooked spinach or a little minced garlic and ham.

Basic Recipe for Cooking Dried White Beans

Yield > 4

Keys : Dried Beans Spanish Spain European Mediterranean Spanish

Ingredients :

2	**cup**	Dried white beans
1	**x**	Onion
1	**x**	Carrot
1	**sprg**	Thyme or other fresh herb
1	**x**	Garlic clove peeled
1	**x**	Bay leaf
2	**x**	Cloves
		Salt to taste

Method :

- Sort out any damaged beans or bits of stone. Do not pre-soak. Wash under running water and place in casserole with onion stuck with cloves, carrot, bay leaf, garlic clove, and sprig of thyme. Cover with tepid water to a level 3 fingers above the surface of beans. Cook with lid on over very low fire until beans are tender, but not mushy or easily bruised. Drain thoroughly and discard vegetables and spices with which beans cooked. Salt beans only when cooked.
- Beans should be from current year if possible. Unless thay have been subjected to special processing, they will need to cook 1 1/2 to 3 hours.
- Comments: Cooked white beans are served with "Tomato-Onion Sauce" - recipe included in this database, used in omelets (see "White Bean Omelet" - recipe included in this database), or fried to accompany meat or sausage (see "Sausage With White Beans" - recipe included in this database).

Basic Recipe for Plain Boiled Rice

Yield > 6

Keys : Rice Spanish Spain European Mediterranean Spanish

Ingredients :

2	cup	Raw rice
1/2	x	Lemon - juice only
4	tbl	Butter
1	lrg	Potful of boiling water
1	tsp	Salt

Method :

- Add lemon juice and salt to boiling water. When it is boiling rapidly, toss in rice and boil uncovered over a hot fire 15 to 20 minutes or until done. The cooking time for rice varies. Test frequently.
- When rice is cooked, pour off boiling water and leave pot under running cold water for 10 to 15 minutes. Strain. Leave rice in colander or strainer until it is to be used.
- A few minutes before serving, spread rice over bottom of baking dish, dot lightly with butter, and warm in a moderate oven. Press warm rice in a cup, leave it there a moment, then unmold on serving platter.
- Comments: Plain Boiled Rice is traditionally served with "Basque Stuffed Crab" and "Chicken In Saffron And Garlic Sauce" (recipes are included in this database). It can be cooked in advance and heated shortly before serving.

Basic Red Gazpacho

Yield > 6 Servings

Keys : Main Dish Vegan Soups Spanish Spain European Mediterranean

Ingredients :

3	lb	Ripe tomatoes, roughly chopped
1	x	Red or yellow bell pepper,

Method :

- Mince a bit of the tomato, pepper, and cucumber for garnish, and set aside.
- Soak bread in a cup of the water for 5 minutes, then squeeze out excess water.

		seeded, stemmed, and roughly chopped. DO NOT USE GREEN BELL PEPPER!
2	x	Pickling (Kirby) cucumbers, peeled and roughly chopped
4	slc	good stale white bread, crusts removed
6	cup	Cold water
1	lrg	Or 2 sm cloves garlic, peeled
1/4	cup	Sherry or good wine vinegar, or to taste
1/2	cup	Olive oil
		Salt and freshly ground black pepper to taste
		Garlic croutons, if desired for garnish

- Place bread in a blender or food processor with the remaining tomato, pepper, cucumber and water, garlic and vinegar; process until smooth, then add olive oil slowly with machine running.
- Season to taste with salt and pepper and refrigerate until ready to serve.
- Before serving, check seasoning again, and garnish with reserved tomato, pepper, cucumber, and garlic croutons.

Basque Baguette

Yield > 4 Servings

Keys : Appetizers Spanish Spain European Mediterranean

Ingredients :

3	x	Red bell peppers, large
1/2	lb	Ripe tomatoes, sliced
1	tsp	Superfine sugar
1	x	Baguette, cut into 1/2" thick slices
2	tsp	Tomato puree
1	tsp	Sweet paprika
2	tbl	Red wine vinegar
		Salt
		Freshly ground pepper
6	tbl	Sun-dried tomato oil

Method :

- To roast the peppers, preheat an oven to 400 F. Cut peppers in half lenthwise. Remove ribs and seeds. Place cut-side down onto an ungreased baking sheet, flattening with hand. Roast until blistered and blackened, about 40 minutes, turning peppers several times during cooking. Remove the peppers from the oven, place into a paper bag, seal and let stand 20 minutes. Peel and cut peppers into strips. Dust the tomato slices lightly with the sugar. Toast the bread slices. In a bowl mix together the tomato puree, paprika, garlic and vinegar. Salt and pepper to taste. Whisk in the Sun-Dried Tomato Oil, pouring in a thin drizzle. To serve, place the pepper strips and a tomato slice on each bread slice. Top each with a tablespoon of the puree mixture.

Basque Chicken De Louise

Yield > 4

Keys : Main Poultry Chicken Clay Basque Spanish Spain European Mediterranean

Ingredients :

Method :

- Soak top and bottom of 3-1/4 quart clay cooker in water about 15 minutes; drain. Place green pepper, onions,

1	x	Frying chicken Quartered
2	x	Red Peppers julienned
2	med	Onions thinly
		sliced,separated into rings
1	jar	Sun-Dried Tomatoes Thinly sliced
2	x	Cloves Garlic Minced
1	tsp	Salt
1	pch	Freshly Ground Pepper
1/4	tsp	cayenne pepper
1	can	Tomato Paste (8 ounces)
6	oz	Dry White wine
1/2	pt	Chicken Stock
		Black Olives To Garnish
		Orange Quarters To Garnish
8	oz	Rice Easy Cook

mushrooms if using and garlic in cooker. Place chicken quarters, skin side up, over vegetables. Sprinkle with salt and black and cayenne peppers. Mix tomato sauce and wine; pour into cooker.

- Place covered cooker in cold oven. Set oven at 450 . Bake until chicken is tender and light brown, about 1-1/4 hours. Remove chicken pieces to warm serving bowl; keep warm. Pour cooking liquid with vegetables into a medium skillet. Max cornstarch and water; stir into skillet. Heat to boiling; cook stirring constantly, until thickened and clear. Pour sauce and vegetables over chicken.
- Serving Ideas : Serve over white rice.

Basque Confit D'oie

Yield > 1 Servings

Keys : Basque Poultry Spanish Spain European Mediterranean

Ingredients :

9	lb	Fesh goose
3/4	lb	Goose fat
3/4	lb	Pork fat
1 1/2	cup	Kosher salt
4	x	Bay leaves, broken
3	tbl	Fresh thyme leaves
3	tsp	Freshly ground pepper

Method :

- (Preserved goose in it's own fat)
- Cut up goose, cutting thighs and back into two parts, and breast into four.
- Remove wing tips and set aside.(Save for stock or soup)
- Put fat (goose and pork) into large Dutch oven with 1/2 cup water and cook on low heat until all fat has rendered.Discard scraps. Mix together salt, herbs, and spices (excluding garlic).Rub goose pieces with salt mixture, using entire amount. Put pieces in heavy plastic bag, close tightly, and refrigerate for 2 days, turning bag often. Remelt fat. Wipe goose pieces dry and put them in the melted fat in Dutch

1	tsp	Freshly grated nutmeg
1/4	tsp	Freshly ground cloves
15	x	Garlic gloves, peeled

oven.Add garlic and weight meat down with heavy plate.Put Dutch oven on very low heat and cook very slowly for 1 1/2 hours.

- Pour 1 inch of cooking fat into the bottom of a clean dry crock and allow fat to harden.Pack partly cooled pieces of goose into crock and then strain cooking fat over pieces. A thick layer of fat should cover the pieces of goose and there should be no air spaces between meat pieces.Cover tightly and refrigerate.Keeps up to 1 year.
- A pice of confit (with a little of the fat) is good added to a stew or casserole as a flavor booster. It is also good served, in small portions, warmed over low heat, and poured over mashed potatoes or rice.

Basque Fish Soup - (Sopa De Pescado a La Vasca)

Yield > 6

Keys : Clams Mussels Fish Ocean Soups Stews Seafood Spanish Spain European Mediterranean Spanish Hot

Ingredients :

3	doz	Mussels
4	lb	Small whole fish - cleaned cut several pieces
		(any white fish can be used:

Method :

- Fry garlic, carrots, onion, and leeks or shallots in olive oil very slowly for 15 minutes. Add a sprig of thyme and a bay leaf. Put in fish and fry gently for 3 minutes. Heat cognac, pour it over fish and vegetables, light it, and let flames die. Pour in 10 cups water, let it come to a boil over fairly high flame and boil slowly for 15 minutes. While it boils, open the mussels in a saucepan over moderate heat with a little water. Strain juice

		rockfish and small sea bass, for example)
4	**med**	Garlic cloves minced
3	**med**	Carrots diced
2	**x**	Leeks or 4 to 5 small shallots minced
6	**tbl**	Olive oil
1/4	**cup**	Cognac
3	**slc**	White bread center portion only
1	**sprg**	Thyme
1	**x**	Bay leaf
10	**cup**	Water
		Salt and pepper to taste
1	**tbl**	Butter rounded tbsp

through a kitchen towel and add it to the fish and vegetables.

- Remove mussels from shell and set aside. Cut or tear the white part of three slices of bread into small bits. Strain the soup into another saucepan, add the bits of bread, and cook it in the soup 10 minutes more. Separate all the fish meat from the bones. Strain the soup a second time, forcing undissolved bits of bread through strainer. Season with salt and pepper. Simmer fish meat and shelled mussels in the soup for 5 minutes before serving; add butter just before removing from fire, stir to mix, and serve very hot.
- Comments: The quality of fish soup depends on the quality of the fish. The above way of preparing it is Basque, but the kind of fish used can be varied according to what is locally available. You might use a head of hake, some crabs, and a few crayfish. Or you might use, as suggested above, mussels, rockfish, and sea bass. All fish and shellfish must be cleaned, but the heads, bones, and shelfish carcasses (all of which are strained out afterward) are cooked in the soup to give it flavor.

Basque Garlic Soup

Yield > 1 Servings

Keys : Basque Soups Spanish Spain European Mediterranean

Ingredients :

1	**loaf**	French bread, sliced
		And allowed to dry out

Method :

- Heat olive oil in dutch oven. Lightly brown garlic cloves.Add sliced bread, paprika, salt, and enough water to cover bread. Simmer for 30 minutes.
- Whisk beaten eggs into simmering soup. Serve at once.

1/4	cup	Spanish olive oil
6	x	Garlic cloves, peeled
4	x	Eggs, beaten
5 1/2	tsp	Sweet spanish paprika
		Water
1/4	tsp	Salt

Basque Lamb Chops with Tomatoes and Olives

Yield > 1 Servings

Keys : Basque Lamb Meats Spanish Spain European Mediterranean

Ingredients :

6	x	Lamb chops
		Flour
		Salt and pepper
2	tbl	Spanish olive oil
1/3	cup	Dry white wine
1	lb	Vine-ripened tomatoes,
		Peeled, seede, and chopped
1/2	cup	Spanish olives, seeded and
		Sliced

Method :

- Season chops with salt and pepper; dredge with flour.Heat oil in heavy skillet until light haze forms. Add chops and cook 2 to 6 minutes on each side.Transfer to heated platter. Pour wine into skillet and scrape up brown bits. Stir in tomatoes and olives. Cook over medium heat for 4 to 5 minutes. Season with salt and pepper. Spoon over chops.

Basque Lamb's Liver with Red Wine Sauce

Yield > 1 Servings

Keys : Basque Lamb Offal Sauces Meats Alcoholic Spanish Spain European Mediterranean

Ingredients :

1	cup	Dry red wine
1	tbl	Red wine vinegar
2	tsp	Minced fresh garlic
1	x	Bay leaf
1/4	tsp	Salt
1	lb	Lamb's liver, cut into 1/4
		Inch slices
3	tbl	Spanish olive oil
3	slc	Bacon, chopped
3	tbl	Finely chopped Italian
		Parsley

Method :

- Combine wine, vinegar, garlic, bay, and salt in glass baking dish.Add liver and coat well with marinade.Marinade at room temperature for 3 to 4 hours.
- Heat olive oil in 12 inch skillet until light haze forms. Add bacon and cook until browned and crisp.Drain on paper towels. Remove liver from marinadeand pat dry. Brown liver in pan drippings for 2 minutes on each side. Remove to heated platter. Pour marinade into hot skillet and boil, uncovered, until reduced by half.Scatter bacon pieces over liver, pour marinade on top and sprinkle with parsley. Serve at once. Goes good with Baque Potatoes.

Basque Stuffed Crab - (Shangurro) i

Yield > 4

Keys : Crab Seafood Spanish Spain European Mediterranean Spanish

Ingredients :

4	**x**	Giant crabs
2	**med**	Onions minced
2	**x**	Garlic cloves minced
5	**tbl**	Olive oil
2	**x**	Tomatoes, red ripe peeled and chopped
2	**tbl**	chopped Parsley
1	**cup**	Dry white wine
2	**tsp**	Salt
2	**tsp**	Sugar
1	**pch**	Cayenne pepper
1/2	**cup**	Dry bread crumbs
1/4	**cup**	Butter

Method :

- Cook crabs by plunging them alive into boiling salted water (sea water if possible) and boiling them for half an hour. Let them cool. Remove all the meat, taking care not to mix in any small particles of shell. Save the body shells.
- Fry the minced onion and garlic very slowly in olive oil. When they begin to take on color, increase the heat. Add tomato. Let liquid evaporate. Add parsley and wine. Cook over a hot fire for 2 to 3 minutes until alcohol has evaporated. Force all the juices and internal parts of the crabs through a colander. Blend the strained mixture into the sauce with salt, sugar, and cayenne. This much can be prepared in advance.
- Before serving, heat crabmeat in sauce, fill cleaned body shells of crab, sprinkle tops with bread crumbs, dot with butter, and brown in 400 degree oven.
- Comments: The giant crab of the Basques weighs 5 pounds or more. The above recipe, which is from Cassa Nicolasa of San Sebastian requires live crab. It is served with plain boiled rice - see "Basic Recipe For Plain Boiled Rice" which is included in this database.

Basque Stuffed Crab - (Shangurro) ii

Yield > 1

Keys : Crab Seafood Spanish Spain European Mediterranean Spanish

Ingredients :

1	x	Live hard-shelled crab
		(or 1/4 pound canned crab)
1/2	med	Onion chopped
1/2	x	Garlic clove chopped
1	sm	Tomato peeled and chopped
1/4	tsp	Paprika
2	tbl	Olive oil
1/4	cup	Cognac
1	tbl	Butter
2	tbl	Dry bread crumbs

Method :

- Hard-shelled crab is cooked like lobster: plunged live into boiling salted water to cover. Use sea water if available; if not, add a little green vegetable to the cooking water. Boil crab 15 minutes. Remove and allow to cool.
- To clean, break off claws, remove back, and scrape out all spongy parts underneath. Cut out small apron-shaped section on underside of crab. Crack legs and scrape out meat. Remove meat from shell; drain out and save any juice. The foregoing can be done in advance of cooking if more convenient.
- Heat olive oil, fry chopped onion; when onion turns golden, brown garlic clove. Add tomato. Off the fire, stir in paprika. Return to fire. Pour in cognac and let alcohol evaporate. Add juice from crab shell (or can) and crabmeat. Fill crab shell with mixture, dot with butter, sprinkle with bread crumbs, and put in top part of hot oven for about 10 minutes or until browned. If you have not used live crab, substitute individual ramekins or scallop shells for crab shell.
- Comments: The above recipe is traditionally served with plain boiled rice - see "Basic Recipe For Plain Boiled Rice" which is included in this database.

Beef Bistro

Yield > 1 Servings

Keys : Meats Spanish Spain European Mediterranean

Ingredients :

1 1/2	lb	Boneless top round
1	x	Green pepper, chopped
1	x	Onion, chopped
2	x	Ribs of celery, sliced
1	x	Clove garlic, minced
1	can	Sliced mushrooms, (or 1/2 lb. fresh mushrooms)
1	can	Tomato soup
1	jar	stuffed olives, drained and sliced
1/2	cup	Burgundy wine

Method :

- I got this recipe from "GOURMET ON THE GO" put out by Ideals It sounds really good
- A Spanish dish, full flavored but not spicy hot
- Trim meat, then cut in strips or cubes and brown in fat (I would use olive oil) Add green pepper, onion, celery, garlic, mushrooms and soup and simmer, covered, for 45 to 60 minutes. Add wine and olives 10 to 15 minutes before serving. Add 1/3 cup water if there is insufficient sauce
- Yield: 4 servings
- I have had several people ask where to get the Ideal Cookbooks and I found an address in the back of this one. These books came out in 1978 and came out by monthly. I don't know if you can still get them or not but the
- You may look in your local bookstores, gift shops,greeting card shop or stationery stores.
- I have never made anything out of these books that didn't turn out good.

Beef Stew - (Estofado)

Yield > 4

Keys : Beef Soups Stews Meats Spanish Spain European Mediterranean Spanish

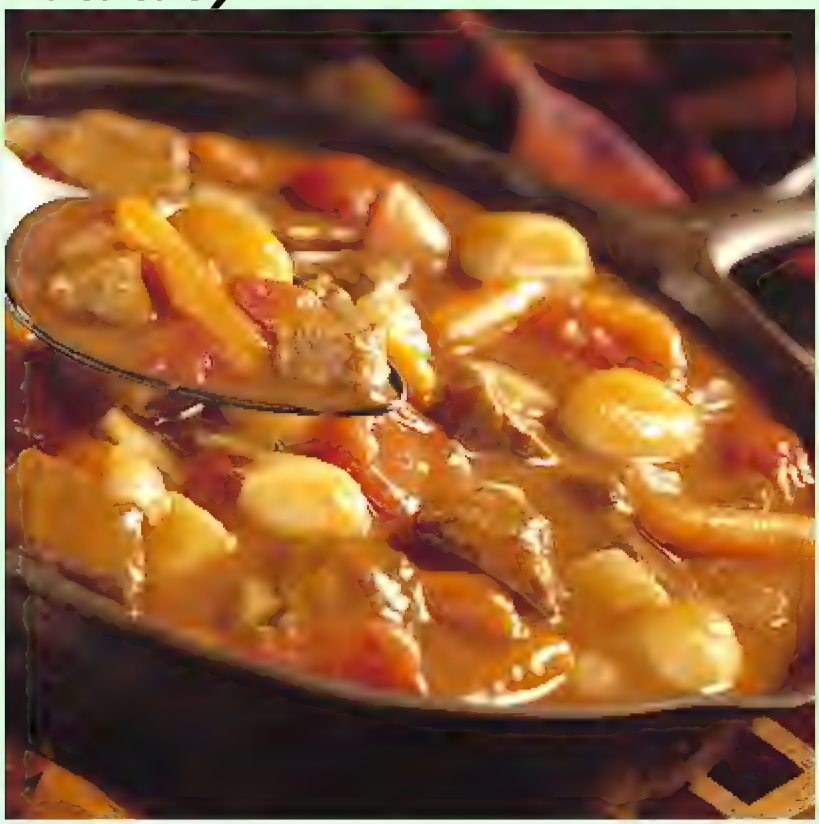
Ingredients :

2	**lb**	Lean stewing beef cut 2" in cubes
1	**med**	Onion cut in large slices
2	**x**	Garlic cloves unpeeled
1	**lrg**	Tomato, red ripe unpeeled
1/3	**x**	to 1/2 cup Olive oil
1/2	**cup**	Dry white wine
2	**tbl**	Cognac
1	**tbl**	Flour heaping tbsp
1	**cup**	Boiling water
1/2	**tsp**	Paprika
1/2	**x**	Bay leaf
1	**sprg**	Fresh thyme
		(or 1/2 teaspoon dried thyme)
1	**pch**	Cinnamon
		Salt to taste

Method :

- Heat 3 tablespoons olive oil over high heat in a heavy metal casserole. When oil is on verge of smoking, brown meat rapidly, 1 pound at a time. When browned, remove it to a bowl. (If you do not have a metal casserole, brown the meat in a frying pan; then continue, using earthenware casserole.)
- Add olive oil if needed and allow it to heat before frying the onion and garlic until brown. Add tomato cut in eighths; fry until juice has evaporated. Add cognac and wine; continue cooking over high flame until liquid evaporates. Reduce flame, add salt, paprika, cinnamon, thyme, bay leaf, and flour. Stir vigorously until flour is browned. Put meat back in casserole. Add a cup of boiling water, mix, cover, and simmer for 2 hours or until meat is tender. If the sauce becomes too dry during cooking, add boiling water in small amounts. If the sauce is too thin when meat is done, remove meat and boil sauce uncovered until thick enough. The consistency of the sauce will vary with the amount of juice released by the meat.
- Before serving, place meat in a dish and strain sauce over it.
- Comments: Beef Stew - (Estofado) is a convenient dish for the hostess-cook because it is particularly delicious if prepared several hours in advance and reheated just before being brought to the table.

Beef Stew with Potatoes - (Estofado Con Patatas)



Yield > 4

Keys : Beef Soups Stews Meats Tubers Root Vegetable Spanish Spain European Mediterranean Spanish

Ingredients :

2	**lb**	Lean stewing beef cut 2" in cubes
1	**med**	Onion cut in large slices
2	**x**	Garlic cloves unpeeled
1	**lrg**	Tomato, red ripe unpeeled
1/3	**cup**	Olive oil - (to 1/2 cup)
1/2	**cup**	Dry white wine
2	**tbl**	Cognac
1	**tbl**	Flour heaping tbsp
1	**cup**	Boiling water
1/2	**tsp**	Paprika
1/2	**x**	Bay leaf

Method :

- Heat 3 tablespoons olive oil over high heat in a heavy metal casserole. When oil is on verge of smoking, brown meat rapidly, 1 pound at a time. When browned, remove it to a bowl. (If you do not have a metal casserole, brown the meat in a frying pan; then continue, using earthenware casserole.)
- Add olive oil if needed and allow it to heat before frying the onion and garlic until brown. Add tomato cut in eighths; fry until juice has evaporated. Add cognac and wine; continue cooking over high flame until liquid evaporates. Reduce flame, add salt, paprika, cinnamon, thyme, bay leaf, and flour. Stir vigorously until flour is browned. Put meat back in casserole. Add a cup of boiling water, mix, cover, and simmer for 2 hours or until meat is tender. If the sauce becomes too dry during cooking, add boiling water in small amounts. If the sauce is too thin when meat is done, remove meat and boil sauce uncovered until thick enough. The consistency of the sauce will vary with the amount of juice released by the meat.
- Before serving, place meat in a dish and strain sauce over it.
- Prepare estofado as directed above. A half hour before serving, boil or fry potatoes cut in eighths. Add to estofado just

1	sprg	Fresh thyme
		(or 1/2 teaspoon dried thyme)
1	pch	Cinnamon
		Salt to taste

before bringing to the table. (If added earlier, the potatoes may crumble.)

Beef Stew with Prunes and Pine Nuts

Yield > 4

Keys : Beef Soups Stews Meats Spanish Spain European Mediterranean Spanish

Ingredients :

		(Estofado Con Ciruelas Y Pinones)
2	lb	Lean stewing beef cut 2" in cubes
1	med	Onion cut in large slices
2	x	Garlic cloves unpeeled
1	lrg	Tomato, red ripe unpeeled
1/3	x	to 1/2 cup Olive oil
1/2	cup	Dry white wine

Method :

- Heat 3 tablespoons olive oil over high heat in a heavy metal casserole. When oil is on verge of smoking, brown meat rapidly, 1 pound at a time. When browned, remove it to a bowl. (If you do not have a metal casserole, brown the meat in a frying pan; then continue, using earthenware casserole.)
- Add olive oil if needed and allow it to heat before frying the onion and garlic until brown. Add tomato cut in eighths; fry until juice has evaporated. Add cognac and wine; continue cooking over high flame until liquid evaporates. Reduce flame, add salt, paprika, cinnamon, thyme, bay leaf, and flour. Stir vigorously until flour is browned. Put meat back in casserole. Add a cup of boiling water, mix, cover, and simmer for 2 hours or until meat is tender. If the sauce becomes too dry during cooking, add boiling water in small amounts. If the sauce is too thin when meat is done, remove meat and boil sauce uncovered until thick enough. The consistency of the sauce will

2	tbl	Cognac
1	tbl	Flour heaping tbsp
1	cup	Boiling water
1/2	tsp	Paprika
1/2	x	Bay leaf
1	sprg	Fresh thyme
		(or 1/2 teaspoon dried thyme)
1	pch	Cinnamon
		Salt to taste
1/2	lb	Dried prunes

vary with the amount of juice released by the meat.

- Before serving, place meat in a dish and strain sauce over it.
- Prepare estofado as directed above. A half hour before serving, put prunes to boil in enough water to cover. Remove and strain when tender. Fifteen minutes before serving, boil pine nuts in water to cover in a separate saucepan. Drain and add pine nuts and prunes to estofado.
- The prunes are added only at the last moment to avoid oversweetening the sauce; the pine nuts are added just before serving in order to preserve their whiteness.

Better-Than-Potato Salad

Yield > 50 Servings

Keys : Salads Rice Tubers Root Vegetable Spanish Spain European Mediterranean

Ingredients :

3 1/2	cup	Uncle Ben's Converted Brand Rice
2	qt	Water
1 1/2	tbl	Salt
1 3/4	qt	Mayonnaise
3	cup	Onions, finely chopped
1/4	cup	Prepared mustard
2	tsp	Salt
1	qt	Cucumber, pared and diced
2	cup	Radishes, sliced

Method :

- 1. Cook rice in water with salt according to package directions.
- 2. Cool.
- 3. Combine mayonnaise, onion, mustard, and salt. Stir into rice.
- 4. Cover and throughly chill.
- 5. Stir in cucumber and radishes just before serving.
- Measurements and timing are designed only for Uncle Ben's Fast Cooking Rice Pilaf, Original Rice Pilaf, Fast Cooking Spanish Rice, Long Grain & Wild Rice Blend, and CONVERTED Brand Rice

Biscayan Cod - (Bacalao a La Vizcaina)

Yield > 6

Keys : Fish Ocean Spanish Spain European Mediterranean Spanish

Ingredients :

2	lb	Desalted cod
1	lrg	Onion minced
4	med	Garlic cloves minced
3	tbl	Olive oil
1	med	Potato minced
5	x	Dried red peppers soaked in water
1	lrg	Tomato, red ripe peeled and seeded
1	x	Bay leaf

Method :

- Put desalted cod on fire with water to cover. Remove as soon as it boils; strain, reserving water. Let fish cool. Debone and cut in serving pieces. Slowly fry minced onion and garlic in olive oil until brown. Open peppers which have been soaked overnight in water, discard seeds, and scrape off pulp from inside. Add pulp to fried onions and garlic. Spread minced potato over bottom of casserole containing onion and garlic. Pour over it the tomato passed through a sieve. Place the boned cod in the casserole, skin side up, and barely cover with some of the water in which the cod cooked. Add bay leaf. Simmer approximately 45 minutes or until sauce has reduced and thickened slightly. From time to time, move the casserole to mix the sauce and add more of the water in which the cod cooked if necessary.
- Comments: This dish is even better if made the day before and reheated.

Black Bean Soup Spanish Style

Yield > 4 Servings

Keys : Soups Stews Garlic Beans Sauces Mexican Mexico Mex Central American Spanish Spain European Mediterranean Hot

Ingredients :

1	cup	Black Beans
4	cup	Water
4	x	Bay Leaves
1/4	tsp	Celery Seed
1/2	cup	Chopped Celery
1	cup	Chopped Onion
1	x	Clove Garlic, Minced
1/4	tsp	Dry Mustard
1	tsp	Chili Powder
4	dsh	Tabasco Sauce
1	x	Hard Boiled Egg, Sliced
1/2	cup	Sour Cream
		Salt And Pepper To Taste

Method :

- Sort and wash beans. Soak overnight in water. Add bay leaves, celery seed and celery. Bring to a boil, cover, reduce heat and simmer 1 hour. Cook onion and garlic until tender in 1 T salad oil. Add to beans with remaining ingredients except egg and sour cream. Simmer for an additional hour or until beans are very tender. Remove bay leaves. Carefully put 1/2 through a blender or rub through a seive. Repeat. Heat. Adjust seasoning if necessary. Serve hot with 2 T sour cream and egg slices.

Braised Pork Steak with Spanish Rice

Yield > 1

Keys : Meats Spanish Spain European Mediterranean

Ingredients :

1 1/2	lb	Shoulder steak
1/2	x	to 3/4 C chopped onion
1/2	cup	green pepper, chopped
1/2	cup	red pepper, chopped
1/2	cup	yellow pepper, chopped
1/2	cup	chopped celery
2 1/2	cup	canned tomatoes
1	cup	water
1	tsp	salt
		freshly ground black pepper, to taste
1	tsp	paprika

Method :

- Wipe meat with damp cloth; cut off fat edging the steaks. Brown meat slowly on both sides. (Use a cast iron skillet, if possible. No added fat is necessary.)
- To skillet, add all the rest of the ingredients, except rice, and turn heat to low. Cover pan. Cook 30 minutes. Add rice (regular, NOT instant nor converted rice!) and simmer, covered, 30 to 40 minutes longer, until meat and rice are very tender. I usually remove the meat and put the rice into the liquid, then put the meat on top. I served it with a tossed salad and - believe it or not - succotash.
- Great combination of flavors.

2	tsp	sugar
1	cup	uncooked rice

Braised Spring Vegetables - (Menestra De Legumbres)

Yield > 4

Keys : Vegetables Spanish Spain European Mediterranean Spanish

Ingredients :

1	cup	Shelled baby broad beans
2	cup	Shelled spring peas
12	x	Pea pods
16	x	Tiny new potatoes
4	x	Young artichokes
12	x	White asparagus tips
2	x	Tender lettuce leaves chopped fine
1	sm	Onion minced
1	med	Onion sliced thin
		Salt to taste
4	cup	Meat stock or beef bouillon
2	slc	Lean bacon or salt pork thick slices, cubed
1	slc	Cured ham thick slice
4	slc	Cured ham thin slices
1	tbl	Butter rounded tbsp
7	tbl	Olive oil
1	tbl	Flour rounded tbsp
		Flour for dusting

Method :

- The Broad Beans: In a large saucepan, slowly fry one thick slice of lean bacon or salt pork cut into cubes in 1 tablespoon olive oil. When bacon has become soft, add a small minced onion. After the onion takes on color, put in a cup of shelled broad beans with 1/2 teaspoon sugar and two leaves of chopped lettuce. Let the beans fry for 1 to 2 minutes. Pour in 3 cups of meat stock or bouillon and cook beans at a slow boil for 2 hours uncovered. Add meat stock or bouillon as liquid evaporates. Season with salt when almost cooked.
- The Peas And Potatoes: Break the ends off a dozen peapods and put them to boil in 6 cups of water. Heat 2 tablespoons olive oil in a small skillet. Slowly fry a thick slice of lean bacon or salt pork cut in cubes. When it has browned a little, put in a thinly sliced medium onion. Stir and shake the pan while the onion fries until soft and golden, but not brown. Pour off excess grease before adding 1 rounded tablespoon flour. Immediately pour contents of skillet into water in which pea shells are boiling. Boil for 30 minutes. Force through a sieve into another saucepan. Add shelled peas and peeled new potatoes. Bring to a boil and simmer for 2 hours. After 1 hour, add to the peas and potatoes a cubed slice of cured ham fried for 2 to 3 minutes in 1 rounded tablespoon butter. Add a little meat stock or bouillon as liquid in which peas and potatoes are cooking evaporates.
- The Asparagus: Scrape off tough outer fibers, cut off thick part of stalk, and cook until tender in boiling salted water. If prepared in advance, keep in its own cooking liquid; reheat in the same liquid before serving.
- The Artichokes: Peel off all coarse exterior leaves until only the tender center part remains. Cut the choke to a miximum height of 2-inches. Clean in cold water, rub with half a lemon, and cook in boiling salted water to which you have added the juice of half a lemon and the two squeezed lemon

1	x	Egg beaten
1	x	Lemon cut in half
1/2	tsp	Sugar
OPTIONAL		
4	x	Eggs
		Boiling salted water for poaching
1	tbl	Vinegar for poaching

halves. Cook until the leaves can be pulled off easily. If prepared in advance, keep in its own cooking liquid. Before serving, cut each artichoke in eight parts, dip in flour, then in beaten egg, and fry in 4 tablespoons hot olive oil.

- To Serve: Place a portion of each vegetable on each plate. Fry one piece of cured ham per person and serve it on top of the broad beans. If you wish to have the 'menestra' with egg, poach one egg per person in boiling water to which you have added 1 tablespoon vinegar. Break each egg into a saucer and slide it into the boiling water. Scoop eggs out 4 minutes later and immediately place them in a pan of cold water. Trim the ragged edges with a knife or kitchen shears. Serve the egg on top of the peas and potatoes.
- Comments: The 'menestra', a favorite Basque dish, is made only when the spring vegetables are young and tender: in April, May, and June.
- This recipe is from Casa Nicolasa in San Sebastian. The peas, whose pods are only 1 1/2-inches long, must come from a certain strip of land on one specific mountain behind the town; the broad beans are the size of a shirt button, and the potatoes measure 1-inch in diameter at most. Pounds and pounds of the tiny fresh vegetables are shelled and peeled for each portion.

Broiled Spanish Mackerel

Yield > 1 Servings

Keys : Wild Game Fish Meats Spanish Spain European Mediterranean

Ingredients :

1	x	Spanish mackerel, 3 lb
1	x	Lemon, sliced
1	tbl	Salad oil
		Parsley garnish
1	tbl	Butter
1	x	Sauce a la Maitre D'Hotel
1	x	Lemon, juice of

Method :

- Before broiling rub thoroughly with salt, brush with pepper and work in a little olive oil. Lay on broiler and brown well on both sides, being careful not to break it. Apply sauce and serve. If fish is large, split down middle of back before broiling.

Butifarra

Yield > 1 Servings

Keys : Spanish Spain European Mediterranean

Ingredients :

2	tsp	Salt [a]
1/4	tsp	Black pepper [a]
1/8	tsp	Cayenne, ground chiles or hot paprika [a]
1/8	tsp	Grated nutmeg [a]
1/8	tsp	Ground cloves [a]
1/4	tsp	Minced fresh thyme or 1/8 teaspoon crumbled dried [a]
2	tbl	White wine [a]
1 1/2	lb	Lean pork, coarsely ground [b]
1/2	lb	Pork fat, coarsely ground [b]
		Prepared hog casings

Method :

- Here's one of my very favorite sausages:
- "This is from Catalonia, in Spain. It's believed that the North African/Moorish influence is what inspired the use of sweet spices (nutmeg, cloves, etc) in Spanish cooking. While meat and spices can sound weird, when done well it's really good."
- Mix together [a]. Knead together [b]. Knead [a] into [b]. Stuff into the casings. Tie off to make two 30"-long sausages. Prick any air pockets with a pin. Dry the sausages in the refrigerator, uncovered, hung from the shelves or on a wire shelf (you want as much surface as possible exposed to air, so coiling it on a solid shelf won't work), for 2-3 days before cooking. Then poach and/or fry or cut up and use in recipes. The dried sausage can be frozen for 3-4 months.

Buttered Saffron Rice

Yield > 6 Servings

Keys : Rice Spices Spanish Spain European Mediterranean

Ingredients :

2	tsp	Saffron,leaf saffron
2	tbl	Milk, warm
1	tbl	-Salt
2	cup	Rice, basmati
4	tbl	Butter

Method :

- "The darker (the redder) the saffron colour, the better the quality. It usually comes from Spain, but the best, really expensive stuff, is grown in Kashmir, where I went to see it growing. There are many different grades.
- Watch out for fake or dyed saffron. Buy it from a reputable source. To use it in a recipe, I roast it in a cast-iron pan until it's crisp to draw out the colour, then crumble it lukewarm milk and let it sit for three to four hours."
  Place saffron in small, dry, hot pan over medium heat about 1 minute or just until fragrant. Crumble into milk.
- Fill large pot with about 13 cups water; add salt and bring to boil.
- Meanwhile, place rice in medium bowl and cover with cold water.
- Immediately drain rice through colander. Wash and drain two more times.
- When water is boils, add rice and stir once; bring to boil. Cook 5 minutes; rice should be slightly hard in the centre.
- Drain in colander and place in ovenproof dish. Drizzle saffron milk over rice, tossing over a couple of times very gently. Divide butter into four pieces; place over rice.
- Cut pieces of aluminium foil 2 inches larger than rim of dish; place on top of dish; place lid on foil. Bake in preheated 300F oven 40 to 50 minutes, checking after 40 minutes to see if rice is cooked.
- Serve saffron-coloured streaked rice spooned on warmed platter. SERVES:6

Butterfish with Almonds, Sweet Red Peppers and Saffron

Yield > 6 Servings

Keys : Seafood Fish Nuts Spices Spanish Spain European Mediterranean

Ingredients :

2	**lb**	Butterfish, in large whole filets, skin and membranes removed
2	**tbl**	Olive oil
3	**lrg**	Garlic cloves, minced
3	**lrg**	Red bell peppers, cored, seeded, cut into strips lengthwise
3/4	**cup**	Whole almonds, toasted
1/2	**tsp**	Saffron threads
1/2	**cup**	Dry white wine
1/2	**cup**	Fish stock
1/2	**tsp**	Salt
1/2	**tsp**	White pepper, or to taste
1	**oz**	sliced almonds, toasted, for garnish

Method :

- Preheat the oven to 350F. Bake the fish in a buttered baking pan for 15 minutes. Let cool. Cut into medallions and set aside. Reserve the baking juice. Heat the oil in a large skillet, add the garlic and peppers and saute over low heat for 20 minutes, stirring occasionally. Grind whole almonds finely in a food processor and add to the skillet with the saffron, wine, stock, reserved fish juices, salt and pepper; cook over medium heat for 5 minutes. Transfer to a blender or food processor and puree. Return the sauce to the skillet, add the fish medallions, and heat through. Serve immediately, with sliced almonds sprinkled on top.
- Serves 6.

Cajun Vs Creole

Yield > 1

Keys : Spanish Spain European Mediterranean

Ingredients :

Method :

- Q. What is the difference between Cajun and Creole seasoning?
- A. We are so flattered that you would ask that of people who are based in Maine. We don't know.
- In broad terms, Creole cooking is city cooking, based on French traditions, but with influences from Spain, Africa, Germany, Italy, the West Indies, etc.
- Cajun cooking is peasant food, the cooking the Acadians (later Cajuns) developed as they learned to live in the south Louisiana swamps. Creole food is more refined and subtler. Cajun food is pungent and peppery.
- But over many years, there has been a lot of trading of ideas and styles, and a lot of evolution. Some inland Cajun dishes are probably as different from bayou Cajun dishes as they are from the Creole food being served in New Orleans.
- We have hunted tirelessly to pin down distinctions between the two cuisines' seasonings, but have come up empty handed. The Creole and Cajun food history page at NewOrleansCooking.com fails to make a meaningful distinction between the two styles, much less the seasonings. Online retailer CajunTreats.com has a huge list of "Cajun Creole Seasonings," some of which have Cajun in the name, some Creole, and others, both.
- As a practical matter, it appears that any meaningful distinction between Cajun seasoning and Creole seasoning has been lost - the words are used interchangeably or together by marketers trying to create an impression that will tempt you to buy their products and cookbooks and eat in their restaurants.
- We would love to hear, though, if any readers can make the distinction for us.

Caldo Gallego i

Yield > 4

Keys : Soups Stews Dried Beans Spanish Spain European Mediterranean Spanish

Ingredients :

3/4	**cup**	Dried white beans
1/4	**lb**	Smoked ham hocks
1/4	**lb**	Lean smoked bacon or salt pork in one thick slice
7	**cup**	Water
1/2	**med**	Onion sliced
1/2	**sm**	White cabbage head
3	**x**	Turnips
		a few Turnip greens
		Salt and pepper to taste

Method :

- Pour 7 cups cold water over beans, ham, and bacon in an earthenware pot. Cover and barely simmer for 2 1/2 hours. Add the sliced onion and the cabbage, turnips, and turnip tops, all chopped in fairly large pieces. Mix, but stir as little as possible in order not to bruise the beans. Salt and pepper to taste and simmer 1 1/2 hours more. Serve in large soup bowls with meat cut in bite-size pieces.
- Comments: This is a peasant version of 'caldo' as described to me by the owner of the excellent Galician restaurant Oscar in Madrid - a far-from-peasant restaurant.
- In Galicia, the base of all 'caldos' is 'unto' an aged bacon sometimes three, four, or five years old. The smoked ham and bacon or salt pork are suggested as American substitutes and are used as substitutes in Spain outside of Galicia.

Caldo Gallego ii

Yield > 6

Keys : Soups Stews Spanish Spain European Mediterranean Spanish

Ingredients :

1/2	lb	Smoked ham
1/2	lb	Cured, unsmoked ham
1	lb	Veal
1/4	lb	Lean smoked bacon or salt pork in one thick slice
1	x	Pork sausage
1/4	x	Stewing chicken optional
1	cup	Dried white beans
1/2	med	White cabbage head chopped coarsely
4	x	Turnips cut in two
		a few tender Turnip greens
1	lb	Potatoes cut in quarters
1/2	med	Onion sliced
1/2	x	Chorizo (or pepperoni) sausage
		Salt and pepper to taste

Method :

- Put the ham, veal, bacon, pork sausage, and stewing chicken in an earthenware pot, cover with cold water, season, put on lid, and simmer as slowly as possible for 4 hours. An hour after putting on the meat, place the white beans in a second pot, pour in cold water to the level of the beans, and add 4 more cups of water. Simmer the beans slowly until almost tender, then add the cabbage, turnips, turnip tops, potatoes, onion, and the whole chorizo (or pepperoni) sausage. Continue simmering slowly, adding boiling water if necessary to keep food covered. When the vegetables are almost cooked, combine the vegetables and their broth with the meat, season to taste, and let it all simmer together another half hour. Serve the liquid first as a soup, followed by the meat, pork sausage, bacon, and chicken cut into serving pieces on one platter, accompanied by the vegetables on a second platter with the chorizo.
- Comments: This is a bourgeois version of the 'caldo' and makes a hearty two-course meal. It is sometimes referred to as a "Pote" Gallego to distinguish it from the humbler 'caldo', but I have it on authority that 'pote' is a Madrid term; Galicians refer to this version as Caldo Gallego.

Calamari with Asian Spinach

Yield > 6

Keys : Bbq Barbequed Barbecued Grilling Main Dish Seafood Spanish Spain European Mediterranean Singaporean Singapore Asian Oriental Warm

Ingredients :

SPINACH		
2	**tbl**	olive oil
1	**med**	red onion finely diced
3	**x**	garlic cloves minced
3	**med**	tomatoes diced
2	**tbl**	dark soy sauce
1	**tsp**	grated fresh ginger
6	**dsh**	hot sauce
1	**lb**	frozen spinach thawed
CALAMARI		
1 1/2	**lb**	cleaned calamari - (abt 24 pieces)
		Juice of 1 lemon
1/2	**tsp**	salt
1/2	**tsp**	freshly-ground black pepper
2	**tbl**	sesame oil

Method :

- To make the Spinach: In a large skillet, heat olive oil. Add onion and garlic; saute 4 minutes. Add tomatoes, soy sauce, ginger, and hot sauce; simmer 5 minutes. Add spinach; bring to a boil. Remove from heat and keep warm.
- In a dish or resealable plastic bag, place calamari, lemon juice, salt, and pepper. Toss to coat calamari. Marinate 10 minutes.
- Thread six 12-inch skewers with calamari. Brush with sesame oil. Place skewers in center of cooking grate. Grill 4 minutes, turning once halfway through grilling time. Serve skewers on warm Asian spinach.
- This recipe yields 6 servings.
- Wine Recommendation: The briny squid and the soy-and-ginger spinach need a complex dry white. An Albarino from Spain will amaze you.
- Beer Recommendation: An Asian lager, such as Tiger from Singapore, will know just how to honor the squid and handle the Asian spices in this delicate dish.
- Comments: Fresh frozen calamari is the best type for peak flavor. Thaw it in your refrigerator, never at room temperature, and grill it quickly to keep it tender.
- Note: If using wooden skewers, soak in water thirty minutes before using so ends won't burn during grilling time.

Callos a La Madrilena

Yield > 4 Servings

Keys : Snacks Nibbles Spanish Spain European Mediterranean Warm

Ingredients :

1	**lb**	"honeycomb" tripe
1/2	**cup**	Dry white wine
1	**sm**	Tomato, chopped
1	**x**	Pig's foot or veal knuckle, split in half
2	**sprg**	parsley
10	**x**	Peppercorns, lightly crushed
2	**x**	Cloves, crushed
1	**dsh**	Of nutmeg
2	**x**	Bay leaves
1/2	**tsp**	Dried thyme, or equivalent amount of fresh
		Salt
1	**sm**	Onion, coarsely chopped
6	**x**	Cloves garlic, peeled
2	**tbl**	Olive oil
1	**sm**	Onion, finely chopped
1/4	**lb**	Chorizo (or Italian sausage), in 1/4-inch slices
1/4	**cup**	Diced cured (unsmoked) ham
1	**tbl**	Flour
1	**tbl**	Sweet red (Spanish) paprika

Method :

- (Tripe, Madrid Style)
- Tripe is especially favored in Spain and, in fact, most countries where there is still a strong Spanish influence. This isn't surprising, because it makes a number of very different, but extremely tasty dishes. It requires long cooking times (less here because it is almost always cleaned and partially precooked when you buy it), but it keeps very well for days, in the refrigerator, and is even better when reheated than when first prepared. Since it's difficult to buy half a pig's foot or half a veal knuckle, this recipe makes enough for 4 - 6 servings as a main course. Make a full recipe a day or two ahead of time, serve as many tapas as needed, then enjoy the rest as a main course or snacks. This can be reheated very nicely in the microwave, by the way.
- To serve 4 - 6 as a main course, or make 12 - 18 tapas:
- Rinse the tripe well, then put it into a rather large kettle and add cold water to cover. Bring to a boil, then drain immediately. Cut the tripe into 1 1/2-inch squares and return it to the empty kettle. Add 3 cups cold water and the wine, tomato, pig's foot or veal knuckle, parsley, peppercorns, cloves, nutmeg, bay leaves, thyme, salt to taste, coarsely chopped onion and the garlic. Cover and simmer over low heat for 4 to 5 hours, until the tripe is almost tender.
- Heat the oil in a skillet and saute the finely chopped onion until it is wilted. Add the chorizo and ham and cook for 5 minutes. Stir in the flour and paprika and cook 1 minute more. Add 1/2 cup of the liquid from the tripe kettle, a little at a time, and cook-stir until the mixture thickens.
- Add this and the chile to the tripe. Cover and cook 1 - 2 hours more.
- Remove the cover and continue cooking until the tripe is very tender.
- Remove the pig's foot or veal knuckle from the tripe. Remove and discard all skin, bone and fat. Cut the meat into pieces and stir into the tripe.
- Serve in warmed bowls or shallow individual tapa-size

1/2	x	Dried red chili pepper, crumbled (remove seeds if

dishes. Serve with good crusty bread for sopping up the sauce.

Campbell's Spanish Chicken and Mushrooms

Yield > 4 Servings

Keys : Poultry Spanish Spain European Mediterranean

Ingredients :

2	tbl	Olive or vegetable oil
4	x	Chicken breast halves
		Skinless, boneless
2	cup	Sliced fresh mushrooms
		(6 oz)
1	can	CAMPBELL'S condensed Italian
		Tomato soup
1/2	tsp	Water
1/4	cup	Sliced VLASIC pimento stuff
		Olives
2	tbl	Burgundy or other dry wine
4	cup	Hot cooked egg noodles
1/4	cup	Grated Parmesan cheese
		(optional)
		Fresh oregano for garnish

Method :

- In 10" skillet over medium high heat, in 1 tablespoon hot oil, cook chicken 10 minutes or until browned on both sides. Remove; set aside. Reduce heat to medium. In remaining 1 tablespoon hot oil, cook mushrooms until tender and liquid is evaporated, stirring often. Stir in soup, water, olives and wine. Heat to boiling. Return chicken to skillet. Reduce heat to low.
- Cover; cook 5 minutes or until chicken is on longer pink, stirring occasionally. Serve with noodles. Sprinkle with cheese. Garnish with oregano, if desired.

Caracoles Con Frijoles Colorados

Yield > 8 Servings

Keys : Seafood Spanish Spain European Mediterranean Warm

Ingredients :

4	tbl	Oil, olive
2	tbl	Butter, unsalted
1/3	cup	Shallot, finely chopped
2	x	Garlic, cloves, chopped
2	sm	Chilies, fresh, split lengthwise, seeded, finely chopped
1	pch	Nutmeg, grated
1	pch	Cloves, ground
1	pch	Cumin, ground
7	oz	Snails (about), drained, rinsed, and patted dry
2	tbl	Pernod
1	cup	Stock, beef ** OR
1	cup	Stock, veal **
4	cup	Kidney beans, red, cooked drained and rinsed ***
1/2	cup	Parsley, chopped
		Salt (to taste)
		Pepper (to taste)

Method :

- ** See recipes for Beef Stock, or Veal Stock.
- *** To cook the kidney beans properly, soak 1 1/2 cups of dried kidney beans in 4 cups of water overnight. Drain, place in a pot of water to cover by 2 inches, and bring to a boil. Simmer, covered, over medium heat until tender.
- Heat 2 tablespoons of oil and 2 tablespoons of butter together in a large skillet over a medium-high heat. Add the shallot and garlic and saute, stirring constantly, until lightly golden, about 3 minutes.
- Add the chilies, nutmeg, cloves, and cumin and cook, stirring for 2 more minutes.
- Add the snails to the skillet and cook, stirring occasionally, for 5 minutes. Add the Pernod and cook until it evaporates.
- Add the beef stock and bring the mixture to a boil and cook, stirring, 2 to 3 minutes longer. Add the beans and a 1/4 cup of parsley, stirring briefly, just until the beans are heated through.
- Remove from heat and stir in the remaining 2 tablespoons of olive oil, and salt and pepper to taste. Sprinkle with the remaining 1/4 cup of parsley and serve warm.

Caramelized Custard Filling - (Crema Quemada)

Yield > 1

Keys : Cakes Desserts Fillings Frostings Spanish Spain European Mediterranean Spanish

Ingredients :

Method :

3	cup	Milk
1	cup	Sugar
4	x	Egg yolks
2	x	Cinnamon sticks
1	x	Lemon - peel only
1 1/2	tbl	Butter
3	tbl	Cornstarch

- Bring milk to a boil with lemon peel and cinnamon sticks broken in small pieces. Let it boil slowly at least 5 minutes to take on flavor. Beat egg yolks with 1/2 cup sugar and 3 tablespoons cornstarch until light in color and stiff. Allow milk to cool for 5 minutes. Strain it into egg yolk mixture, blend, and stir frequently while cooking over low heat for 20 minutes or until mixture thickens. Do not allow to boil. Just before removing from fire, add 1 1/2 tablespoons butter and stir until melted and blended.
- Let mixture cool to lukewarm before spreading on cake. Sprinkle remaining sugar on top of filling and put under hot broiler just long enough to caramelize sugar slightly. When sugar bubbles and begins to turn brown, it is done.
- Comments: Makes enough filling for 1 "Rolled Cake With Cream Filling - (Brazo De Gitano)" or 1 "Spongecake With Cream Filling - (Bizcocho Con Crema)", the recipes for which are included in this database.
- The custard filling can be given any flavor you choose. For example, instead of cinnamon, you might use a vanilla bean, a teaspoon of almond extract, or a piece of orange peel.

Caramelized Spanish Onion, Chopped Basil and Boursen Chee

Yield > 1 servings

Keys : Texas Herbs Spanish Spain European Mediterranean

Ingredients :

2	lb	Red potatoes
1	med	Spanish onions, julienned
1/2	oz	Olive oil
2 1/2	tbl	Fresh basil, chopped
2	oz	Boursen cheese
3	oz	Butter
2 1/2	cup	Milk, warmed
		Salt, to taste
		White pepper, to taste

Method :

- 1. Cook red potatoes until fork tender throughout.
- 2. Meanwhile in a saute pan add 1/2-oz olive oil and julienned onions saute over medium heat until caramelized (golden brown in color).
- Remove from heat and add basil and boursen cheese, stir well.
- 3. Drain cooked potatoes and with a wire whip mash. Add butter and warm milk, salt, pepper and onion, basil, cheese mixture.
- NOTES : Caramelized Spanish Onion, Chopped Basil and Boursen Cheese Potatoes

Carnitas ("Little Meat" in Spanish.)

Yield > 1

Keys : Spanish Spain European Mediterranean

Ingredients :

1	x	4-5 pound pork roast
		Sour cream
		Corn or flour tortillas
		Pico de Gallo

Method :

- Place pork roast in slow cooker on high for several hours until the meat cooks away from the bone. Remove from slow cooker to cutting board. Wearing a pair of new rubber gloves, shred the lean pork roast and place it back in the slow cooker. Pour 2 cups Picante over the shredded pork and mix. Replace lid on slow cooker and cook another 30 minutes. Heat tortillas and serve, assembly line style, with meat, cheese, sour cream, Picante, pico de Gallo and guacamole as desired.

		Thick & Chunky Pace Picante
		Guacamole
		Cheddar cheese, grated
Pico de Gallo:		
2	**med**	tomatoes, chopped
4	**x**	jalapenos, finely chopped
1	**bn**	green onions, chopped
1/4	**cup**	cilantro, chopped
Guacamole:		
2	**lrg**	ripe avocados
1/4	**cup**	cilantro, chopped
1	**tbl**	lime juice
1/2	**tsp**	salt
1	**med**	tomato, chopped
1	**tbl**	Picante sauce (optional)
2	**tbl**	onion, minced

- Pico de Gallo:
Mix all together, cover and refrigerate for at least 1 hour before serving.
- You may also sprinkle with lemon juice, if desired.
- Guacamole:
Peel avocados, remove pits and reserve one pit. Mash pulp with fork (never in blender!); add lime juice, tomato, onion, cilantro and salt. Add Picante sauce if desired. Mix well. Place avocado pit on top of guacamole, cover and refrigerate; remove pit when ready to serve.
- NOTE: Lemon juice may be substituted for lime juice and 1/2 teaspoon ground coriander may be substituted for cilantro.

Carol Taylor's Spanish Pork Chops

Yield > 1

Keys : Main Meats Spanish Spain European Mediterranean

Ingredients :

2	**lb**	Pork chop
2	**x**	Pepper, green
2	**med**	Onion
1	**x**	or 2 can Tomato Soup

Method :

- Preheat oven to 350@, have ready 2 pounds pork chops, cut thin and with most of fat cut off. Layer pork chops on bottom of pan and add onions cut in thin slices over top of chops. Add green pepper cut into thin rings. Add 1 to 2 cans of undiluted tomato soup depending on how many pork chops you used. Spread over the pork chop mixture and bake for 1 hour or until tender.

Carrot-Raisin Rice Salad

Yield > 36 Servings

Keys : Salads Rice Tubers Root Vegetable Spanish Spain European Mediterranean

Ingredients :

1	pkt	Uncle Ben's Fast Cooking Rice Pilaf
2	qt	Water
2	cup	Carrots, shredded
2	cup	Celery, sliced
1	cup	Raisins
1/2	cup	Onions, finely chopped
2	cup	Mayonnaise
2	cup	Sour cream
3	tbl	Lemon Juice

Method :

- 1. Combine rice, contents of seasoning packet and water in cooking pan.
- 2. Bring to a vigorous boil. Reduce heat, cover and simmer until water is absorbed, about 5 minutes.
- 3. Cover and quickly cool in shallow pan.
- 4. Add carrots, celery, raisins and onions.
- 5. Combine mayonnaise, sour cream, and lemon juice. Stir into the rice mixture.
- 6. Chill thoroughly before serving. Measurements and timing are designed only for Uncle Ben's Fast Cooking Rice Pilaf, Original Rice Pilaf, Fast Cooking Spanish Rice, Long Grain & Wild Rice Blend, and CONVERTED Brand Rice

Castillian Hot Chocolate

Yield > 1

Keys : Beverages Drinks Chocolate Non Alcoholic Spanish Spain European Mediterranean

Ingredients :

55	gm	unsweetened powdered cocoa
200	gm	sugar
25	gm	cornstarch (cornflour)
120	ml	water
1	lt	milk

Method :

- 1. Mix the cocoa and sugar together.
- 2. Dissolve the cornstarch (cornflour) in the water and combine with the cocoa-sugar mixture in a medium-sized saucepan. Stir this until it is a smooth paste.
- 3. Begin heating this mixture, continuously stirring it with a whisk. Gradually pour in the milk. Continue stirring as you bring it to a simmer.
- 4. Simmer, stirring often, for about 10 minutes. The cocoa is ready when it thickens and is glossy and smooth.
- I first tasted this wonderful beverage while touring in northern Spain with a choir. It's not like any hot chocolate I've had anywhere else, and I was delighted to find a recipe in The Vegetarian Epicure Book Two. It is the best hot chocolate in the world (at least to me.)
- The consistency of the finished product should resemble chocolate pudding that didn't quite set. If you halve this recipe, you'll get just the right amount for two large mug-fulls. This cocoa is especially fantastic when you dip churros into it (a churro is a sugary, deep-fried, doughnut-like stick, and if anyone wants to send out a recipe, I'd be most grateful).
- Difficulty : easy.
- Precision : measure the ingredients.

Catalan All-i-Oli with Bread

Yield > 1

Keys : Sauces Spanish Spain European Mediterranean Spanish

Ingredients :

6	**x**	Garlic cloves peeled
1/2	**slc**	White bread crust removed
1/2	**tsp**	Lemon juice or wine vinegar
1	**cup**	Olive oil room temperature
1	**pch**	Salt

Method :

- Mash bread and garlic in mortar together with salt to taste. Stirring constantly in the same direction, add olive oil very gradually. When mixture is as thick as a good mayonnaise, add lemon juice or vinegar. Still stirring, gradually add remaining olive oil.
- This recipe makes 1 cup of sauce.
- Comments: Classic Catalan all-i-oli, used on fish, meat, vegetables, and salads, is made without egg yolks. This requires the use of many raw garlic cloves-too many for all but true garlic enthusiasts. The addition of bread in this recipe permits the use of less garlic.
- All-i-oli is easy to make providing certain rules are observed, rules equally applicable to mayonnaise. The ingredients, particularly the olive oil, must be at room temperature. The oil must be be added very gradually and the sauce must be stirred in the same direction all the while. All-i-oli will keep several days under refrigeration.

Catalan Almond Cookies - (Panellets)

Yield > 1

Keys : Cookies Desserts Nuts Spanish Spain European Mediterranean Spanish

Ingredients :

1	**lb**	Blanched almonds
1	**lb**	Sugar
2	**med**	Potatoes
1	**x**	Egg
1	**pkt**	Vanilla pudding mix
1	**tsp**	Vanilla extract
		Grated rind of 1/2 lemon
1	**tbl**	Cognac or rum
GARNISH INGREDIENTS		
		Pine nuts, slivered almonds,
		toasted hazelnuts, candied fruit,
		and sugar (all in small quantities)

Method :

- Preheat oven to 500 degrees. Grind almonds to a fine paste in mortar or electric blender (1/2 cup at a time). Boil potatoes and mash them. Mix all ingredients except garnish in a large bowl. Work paste with hands until well blended. With wet hands, form cakes the diameter of a silver dollar, but high and rounded. Put a toasted hazelnut on some; on others, a piece of candied fruit. Dip some in pine nuts, sugar, or slivered almonds. Dip bottom of cookie in flour and put on greased tray in 500 degree oven for a few minutes. Watch closely and remove cookies as soon as they are lightly browned. When hot, cookies will taste not quite done, but they will be just right when cooled.
- Comments: Panellets are rich almond cookies made in every peasant household in Catalonia for the eve of All Saints Day and eaten accompanied by roasted chestnuts and aged wine. Panellets are best a day or two after baking. They keep very well and are always made in quantities. The recipe given above makes enough to fill the cookie jar, but is only half what any peasant household would undertake at a time.
- If you start with almonds in the shell as the peasants do, shell and scald them the day before you bake. Spread them out to dry. If they are not completely dry when you want to use them, put them in a slow oven for 10 minutes.

Catalan 'Burnt Cream' - (Crema Catalana)

Yield > 4

Keys : Desserts Spanish Spain European Mediterranean

Ingredients :

1	pt	half-and-half
		Peel of 1/2 lemon
1/2	x	cinnamon stick
3	x	egg yolks
3/4	cup	sugar

Method :

- Heat the half-and-half, lemon peel and cinnamon stick in a saucepan over medium heat until just boiling. Remove from heat immediately, discard the lemon peel and cinnamon stick, and allow to cool.
- Beat the egg yolks with 1/4 cup of sugar until thick. Strain cooled half-and-half into the eggs, stirring constantly.
- Reheat the custard mixture in a heavy-bottomed saucepan over low heat, stirring constantly until it thickens slightly and coats the back of a wooden spoon. Allow to cool slightly.
- Pour the custard into four 1-cup ramekins. Allow custard to set, then sprinkle each with a thin layer of sugar and caramelize under a very hot broiler or using a mini acetylene torch until dark amber in color.
- This recipe yields 4 servings.

Catalan Cream Custard - (Crema Catalana)

Yield > 6

Keys : Desserts Spanish Spain European Mediterranean Spanish

Ingredients :

4 1/2	**cup**	Milk
7	**x**	Egg yolks
1 1/3	**cup**	Sugar
3	**tbl**	Cornstarch
1	**stk**	Cinnamon
		Rind of 1/2 lemon

Method :

- Heat 3 1/2 cups milk with cinnamon stick broken in pieces and lemon rind. Bring to a boil and simmer 5 to 6 minutes.
- Separate yolks from whites. Add half of remaining cold milk to yolks and beat well. Add rest of cold milk to cornstarch and beat.
- Strain boiled milk into clean saucepan. While stirring it constantly over the fire without letting it come to a boil, add in rapid succession 2/3 cup sugar, the egg yolk mixture, and the cornstarch diluted in milk. The custard will thicken quickly. Continue stirring until it is the consistency of a thick cream sauce. Pour at once into six shallow dessert plates.
- When custard has cooled to room temperature, sprinkle surface with remaining sugar. Put under hot broiler just long enough to turn sugar an even light brown. Chill cream before serving.
- Comments: Catalan cream custard can be made with only five egg yolks, or, for a very rich dessert, with as many as ten yolks for 4 1/2 cups of milk.

Catalan Fish Soup - (Sopa De Pescado a La Catalana)

Yield > 6

Keys : Fish Ocean Soups Stews Seafood Spanish Spain European Mediterranean Spanish

Ingredients :

4	**lb**	Cleaned fish and shellfish see * Note
		(with the fish cut into slices)
1	**sm**	Onion minced
1	**med**	Tomato chopped
1/3	**cup**	Olive oil
3	**x**	Garlic cloves peeled
12	**x**	Toasted almonds peeled
10	**cup**	Water
4	**slc**	White bread cut in fine shavings
1	**x**	Bay leaf
2	**sprg**	Parsley
		Salt and pepper to taste

Method :

- * Note: Use any lean white fish, small or large, cleaned, but with heads and tails. Any shellfish is suitable: for example, a few clams or mussels and four or five shrimp or small crabs or a crayfish.
- Put fish in 10 cups boiling water. Boil 15 minutes covered. Heat olive oil. Fry minced onion. When it takes on color, add tomato. Let tomato liquid reduce. Add tomato-onion mixture, bay leaf, and parsley to fish when it has been boiling 15 minutes. Boil 15 minutes longer, covered. Place bread shavings in a separate pot. Strain fish soup over bread and return soup to fire. Crush almonds with garlic in a mortar; add to soup. Boil soup slowly for 10 minutes more while separating shells, bones, and skin from fish and shellfish. Strain soup a second time, reheat with cleaned fish and shellfish, season, and serve.

Catalan Noodles in Sauce - (Tallarines a La Catalana)

Yield > 6

Keys : Pasta Pork Sausage Meats Spanish Spain European Mediterranean Spanish

Ingredients :

1	**lb**	Egg noodles
1	**lb**	Pork spareribs cut 2" long pieces
18	**slc**	Cooked pork sausage
1/2	**lb**	Lean salt pork cubed
1	**lrg**	Onion chopped fine
3	**med**	Tomatoes peeled and chopped
2	**med**	Garlic cloves minced
15	**x**	Toasted almonds peeled
3	**tbl**	Pine nuts
		Fresh parsley several sprigs
11	**cup**	Meat stock or beef bouillon boiling
3	**tbl**	Olive oil
		Ground black pepper
		Salt to taste

Method :

- Brown spareribs in 3 tablespoons olive oil in a large casserole with cubed salt pork. Add minced garlic and chopped onion. When onion is golden and soft, add peeled, chopped tomatoes. Fry until sauce thickens. Add boiling meat stock or beef bouillon and slices of cooked sausage; let it boil 5 minutes. In a mortar, pound the almonds, pine nuts, and parsley. Add a little liquid from the casserole to dissolve the paste, then pour the paste into the casserole. Mix well, add uncooked noodles, season with black pepper, stir, and boil slowly for 20 minutes or until noodles are done and sauce has thickened. Stir to prevent sticking, particularly toward end of cooking time. If meat stock or bouillon is salty, no more salt may be needed; check seasoning when cooking time is almost completed. Serve in the casserole.

Catalan Onion Omelet

Yield > 2

Keys : Omelets Egg Spanish Spain European Mediterranean Spanish

Ingredients :

1	lrg	Onion chopped
3	tbl	Olive oil
4	x	Eggs
		Salt to taste

Method :

- Heat olive oil to the verge of smoking and fry chopped onion rapidly until well browned; stir frequently. Beat 2 eggs in each of two bowls with a little salt. When onions have browned and cooled slightly, divide them and put half in each bowl. Stir mixtures while reheating frying pan with additional oil (if needed to cover the bottom of the pan). When the oil is on the verge of smoking, pour in one mixture and keep shaking the pan and sliding a spatula or knife around the edges of the omelet to keep it free and to form a high, rounded edge. When the omelet is almost firm, hold a plate upside down against the frying pan; invert both, dropping the omelet onto the plate as you do so, then slip the omelet back into the pan browned side up. This is easiest to do if the plate you use fits neatly inside the frying pan. Shake the pan while the second side browns. Serve at once. Repeat for the second mixture

Catalan Peasant Soup - (Escudella De Pages)

Yield > 4

Keys : Soups Stews Spanish Spain European Mediterranean Spanish

Ingredients :

1/2	cup	Dry white beans
1	sm	Ham bone
1	x	Marrow bone (veal or beef)

Method :

- Rinse the beans in cold water and tie the bones in cheesecloth. Put both with the chicken, sausage, and ham in a pot or casserole with 8 cups of cold water and salt. Bring to a boil, reduce flame, and cook gently, covered, about 2 hours or until beans are cooked and chicken very tender. Remove ham and marrow bones and discard them. Put chicken aside. If there is little liquid left, add a bit of water for the cooking of the remaining ingredients and bring soup to a rapid boil. When

1/4	x	Chicken or 2 small serving pieces
6	slc	Cooked pork sausage thick slices
2	slc	Cured ham thin slices, (about the size of the palm of your hand)
8	cup	Cold water
1/2	head	Cabbage cut in chunks
1	lrg	Potato cut in eighths
1/4	cup	Raw rice
1	cup	Thin noodles
1	cup	Cooked chick-peas
1	tsp	Salt

it is boiling, put in cabbage, potatoes, rice, noodles, chick-peas, and pepper to taste. Continue cooking over medium flame for 30 minutes (or until newly added ingredients are cooked through). A few minutes before serving, put chicken meat, removed from bones and shredded, in the pot to heat. Correct seasoning and serve.

- Comments: Unlike many stews and soups, this one is only good the day it is made, and is best served immediately. It should be very thick: it is as much stew as soup and constitutes a hearty one-dish meal.

Catalan Roast - (Rustido a La Catalana)

Yield > 4

Keys : Veal Main Dish Meats Spanish Spain European Mediterranean Spanish

Ingredients :

2	lb	Veal roast
2	tbl	Lard
1/4	cup	Dark rum
3/4	cup	Dry white wine
1	head	Garlic unpeeled
1	sprg	Thyme
6	x	Black pepper grains
2	x	Cloves
1	x	Bay leaf
		Salt and pepper to taste
1/2	stk	Cinnamon

Method :

- Heat lard. Brown thyme, bay leaf, cinnamon stick, pepper grains, head of garlic, and the cloves in a deep casserole with the meat over a moderate fire. Turn the meat frequently until well browned, then sprinkle with salt and pepper, pour wine and rum over it, cover casserole, and cook over fairly low flame for 2 hours or until meat is tender. If necessary, add small amounts of hot water during cooking.
- Before serving, strain sauce. Slice meat and serve in sauce.
- Comments: This delicious dish is quick to assemble and, once cooking, needs very little attention.
- Meat reheated slowly in sauce the following day is excellent.

Catalan Salad - (Ensalada Catalana)

Yield > 1

Keys : Salads Dressings Spanish Spain European Mediterranean Spanish

Ingredients :

	Catalan Salad

Method :

- The basic ingredients of a summer salad are:
- Romaine or curly endive lettuce - washed, dried, separated into leaves, and broken into manageable size. This forms the bed of the salad.
- Tomatoes - cut into slices or quarters.
- Sweet raw onion - cut into thin rings or slices. (If the onion is very strong, it is soaked in vinegar and water for an hour before serving to reduce sharpness.)
- Green and red peppers - cut into thin rings.
- Green and black olives
- Optional additions (or winter substitutes) are:
- Radishes - whole or sliced.
- Celery stalk - cubed.
- Hard-boiled eggs - in rings or quarters.
- For a more substantial first dish, the salad may be dotted with bits of canned tuna or shreds of desalted cod fish. It may be surrounded by slices of sausage or accompanied by side platters containing a few sliced hams and sausages. The salad is sprinkled liberally with olive oil; lightly with vinegar and salt.

Catalan Tomato Bread - (Pa Amb Tomaquet)

Yield > 4

Keys : Appetizers Spanish Spain European Mediterranean

Ingredients :

8	x	anchovy filets
		(or 4 very thin slices prosciutto)
4	slc	country-style French or Italian bread (thick slices)
4	sm	very ripe fresh tomatoes
		Mild extra-virgin olive oil
		Salt to taste

Method :

- If using, soak anchovy filets in water for 1 hour and pat dry.
- Grill the bread lightly on a wood-burning fire or barbecue, or toast lightly under a broiler (turning once in the latter case).
- Cut the tomatoes in half crosswise. Rub both sides of the toast (including the crust) with the cut side, squeezing gently as you do, to leave a thin red film, including some seeds and bits of tomato flesh, on both surfaces. Drizzle oil on both sides of the toast to taste, then salt to taste. Place anchovies or prosciutto on top of the toast, and serve with knife and fork.
- This recipe yields 4 appetzer servings.

Cataplana

Yield > 4

Keys : Soups Stews Clams Mussels Seafood Spanish Spain European Mediterranean

Ingredients :

4	**lb**	Cockles
		(littleneck or other small clams may be substituted)
1	**x**	Red bell pepper
1	**x**	Green bell pepper
1	**x**	Onion
1	**sm**	Zucchini, with skin
1	**sm**	Yellow crookneck squash, with skin
1	**x**	Hard, smoked linguica sausage - (abt 6 oz)
		(or substitute prosciutto)
1	**lrg**	Ripe tomato seeded, diced
2	**cup**	Fish stock or clam juice - (to 3 cups)
3/4	**cup**	White Port wine
		Freshly-ground black pepper to taste
		Juice of 1 lemon

Method :

- Wash cockles or clams under cold running water and scrub with a stiff brush. Place in a large bowl, cover with a wet towel, and reserve in the refrigerator.
- Core and seed peppers. Cut into fine julienne, about 2-inches long. Cut onion, zucchini, and yellow squash into similar julienne. Cut sausage or prosciutto into thin 2-inch lengths and finely julienne.
- Grease both halves of the interior of a cataplana, or large heavy Dutch-oven kettle, with butter. Put the clams in first, then the julienned vegetables, sausage, tomato, fish stock, Port, and pepper. Tightly close the two halves of the cataplana, using the pin and the clips on the outside to get a snug fit. Then place the closed dish over high heat for 10 minutes, or until the shells open. Just before the 10 minutes are up, open the cataplana, add the lemon juice and close it again for a minute or two.
- Remove the cataplana from the stove and open it at the table. Sprinkle with chopped parsley, ladle into soup bowls, and serve immediately.
- This recipe yields 4 to 6 servings.

2	tbl	Chopped fresh parsley for garnish

Cauliflower in Hot Vinegar Dressing

Yield > 4

Keys : Cauliflower Vegetables Side Dish Spanish Spain European Mediterranean Spanish

Ingredients :

		(Coliflor Al Ajo Arriero)
1	sm	head Cauliflower washed
		and divided into flowerets
2	x	Garlic cloves
1/4	cup	Olive oil
2	tbl	Vinegar
2	tbl	Water in which cauliflower cooked
1	tsp	Paprika
		Salt to taste

Method :

- Boil cleaned head of cauliflower until tender (10 to 15 minutes). On the side, heat olive oil and fry garlic cloves until browned. Discard cloves, add paprika with pan off fire, stir in 2 tablespoons vinegar and 2 tablespoons of water from the cooking of the cauliflower. Heat sauce, season with salt and pepper, and pour over drained cauliflower. Cover and cook 10 minutes over very low heat.

Cauliflower in Peppery Sauce - (Coliflor En Salsa Romesco)

Yield > 4

Keys : Cauliflower Vegetables Side Dish Spanish Spain European Mediterranean Spanish

Ingredients :

1	sm	head Cauliflower washed
		and divided into flowerets
1	x	Romesco Sauce - (Salsa Romesco) see * Note

Method :

- Boil cauliflower (10 to 15 minutes) or steam it (20 or more minutes). Prepare the Romesco Sauce while the cauliflower is cooking. When cauliflower is tender, drain thoroughly, put in a warmed bowl, pour sauce over, toss, and serve.

Cazuela De Chorizo

Yield > 6 servings

Keys : Stews Spanish Spain European Mediterranean Hot

Ingredients :

Method :

1	med	, onion finely chopped
2	x	garlic cloves, finely chopped
1/2	tsp	chopped fresh thyme or pinch of dried
1/2	x	bay leaf
7	x	links chorizo sausage thinly sliced (purchased
		in the Spanish section in the grocery store usually
		sealed in plastic) thinly sliced
1	tsp	paprika
1	tsp	white flour
1/4	cup	dry white wine
1/3	cup	good quality tomato sauce
1/3	cup	water
8	sm	boiling potatoes, boiled and peeled
1/4	cup	parsley
3	tbl	of olive oil

- Heat oil in large skillet over med.heat. Add onion, garlic, thyme and bay leaf and cook stirring just until onion is transparent, about 5 minutes. Add chorizo and saute until golden brown, about 4 minutes.
- Add paprika and flour and stir to coat chorizo. Cook 2 to 3 minutes pour in wine and cook briefly until it evaporates. Stir in tomato sauce and water. lower heat and simmer gently uncovered until sauce just coats the chorizo, about 5 minutes. Serve hot over boiled potatoes. Sprinkle with parsley.
- Makes about 6 servings. Enjoy, its different!

Cheesecake, Three Cities of Spain

Yield > 8

Keys : Cakes Frostings Vegetarian Low Calorie Fat Free Diet Spanish Spain European Mediterranean

Ingredients :

For crust:		
11	**x**	graham crackers ground fine
1/3	**cup**	unsalted butter softened
1/3	**cup**	sugar
1/8	**tsp**	salt
For filling:		
24	**oz**	nonfat plain yogurt orig was 3 - 8z pckg cream cheese
4	**lrg**	eggs beaten lightly
1	**tsp**	vanilla
1	**cup**	sugar
For topping:		
16	**oz**	lowfat sour cream
1	**tbl**	sugar
1	**tsp**	vanilla

Method :

- Preheat oven to 350.
- Make crust: In a bowl, stir together crust ingredients. Sprinkle the crumbs into a 9 inch springform pan and press evenly over bottom and up the sides about 1 1/2 inches.
- Make filling: with an electric mixer beat cream cheese until fluffy and add eggs a little at a time. Beat in vanilla and sugar until just combined. Pour filling into crust and bake in the middle of the oven for 45 min. Transfer cake to a rack and let stand 5 min. Leave oven on. Make topping: stir together topping ingredients. Gently spread over top of cake and return to oven. Bake cake for 10 min. Remove from oven and let cool completely. Cover with plastic wrap and refrigerate overnight. Remove cake from refrigerator and let stand at room temperature 30 min. Serve with strawberries if desired.
- * I used yogurt cheese made from fatfree yogurt and left to drain for 36 hours.
- ** I used lf sour cream.
- NOTES : If anybody has tips for reducing fat in the crust, I would love to hear them! And if anybody has an idea as to why the cake is named like that, I would love to know!
- When I make my yogurt-based cheesecake, I use the fat-free Healthy Choice fruit cookies as the crust. They are very moist and I just crumble them up and press in the bottom of my springform pan. This method works very well for me and adds a lot of flavor to the

Cheesy Spanish Omelette

Yield > 4 Servings

Keys : Pork Egg Cheese Meats Eggs Main Dish Spanish Spain European Mediterranean Spanish Hot

Ingredients :

1	**tbl**	Olive oil
2	**tbl**	Butter
1	**x**	Onion, chopped
1	**x**	Garlic clove, crushed
1	**x**	Red bell pepper, seeded, diced
3/4	**cup**	Finely shredded green cabbage
4	**slc**	Bacon, chopped
1	**tsp**	Fenugreek
1/2	**tsp**	Ground coriander
4	**x**	Eggs, beaten
1	**tbl**	Cold water
		Salt to taste
		Fresh ground pepper to taste
1/2	**cup**	Grated Cheddar cheese

Method :

- Heat oil and butter in a medium-size flameproof skillet. Add onion, garlic, bell pepper, cabbage and bacon and fry over low heat 5 minutes, stirring occasionally. Add fenugreek and coriander and stir well.
- Preheat broiler. Whisk eggs with cold water, salt and pepper and pour into skillet. Swirl skillet to ensure an even coating. Cook over low heat 3-4 minutes or until mixture is golden brown underneath.
- Sprinkle with cheese and place under preheated broiler and cook until mixture is set on top and cheese has melted.
- Cut in 4 wedges, garnish with bell pepper strips and parsley sprigs, if desired, and serve hot.

		Fresh Italian parsley sprigs

Cherry Tomatoes Stuffed with Spanish Olive Tapenade

Yield > 8

Keys : Appetizers Hors D Oeuvres Tomatoes Spanish Spain European Mediterranean

Ingredients :

1/2	cup	Spanish olives with pimento
1 1/2	tsp	Drained capers
1	tsp	Brandy, preferably a Spanish brandy,
		such as Solera Gran Reserva
1/4	tsp	Freshly-grated lemon zest
2	tbl	Extra-virgin olive oil
32	sm	Cherry tomatoes
		Chopped fresh parsley for garnish

Method :

- Make the tapenade: In a food processor, pulse the olives until chopped fine. Add the remaining tapenade ingredients and pulse until olives are minced.
- With a sharp knife, slice the stem end (1/4-inch down) and the bottom (1/8-inch up) from each tomato and discard. Using a 1/4 teaspoon, remove the juice and seeds from each tomato half, leaving the outside shell intact. Spoon a generous 1/4 teaspoon of the tapenade into each shell and garnish with the parsley.
- This recipe yields 8 to 10 servings.

Chi Chi's Sweet Spanish Corn Cake

Yield > 8

Keys : Cakes Side Dish Copycat Quickbreads Spanish Spain European Mediterranean

Ingredients :

1/2	cup	butter or margarine softened
1/3	cup	masa harina (a type of corn flour
		available in specialty food stores and many supermarkets)
1/4	cup	water
1	pkt	frozen corn - (10 oz) thawed
1/3	cup	sugar
3	tbl	yellow cornmeal
2	tbl	whipping cream
1/4	tsp	baking powder
1/4	tsp	salt
		Sliced chili peppers
		Chopped parsley

Method :

- With an electric mixer, beat butter or margarine until fluffy. Gradually beat in masa harina. On low speed, beat in water.
- Place corn in the bowl of a food processor and pulse until chopped coarse. Stir in masa mixture.
- In a small bowl, stir together sugar, cornmeal, cream, baking powder, and salt. Stir into corn mixture. Spread in a greased, 8-inch-square baking pan. Cover with foil. Place in a larger pan and pour boiling water half way up the side of the smaller pan. Bake at 350 degrees for 50 minutes or until set.
- Remove smaller pan from water, uncover, and let stand 15 minutes. Sprinkle with chilies and parsley, if desired.
- This recipe yields 8 servings.

Chick Peas in Spanish Sauce

Yield > 2 Servings

Keys : Vegetarian Vegetables Spanish Spain European Mediterranean Spanish

Ingredients :

227 1/2	gm	Chick peas (dried) or
400	gm	Chick peas (canned)
1/2	x	Green pepper
1/2	x	Red pepper
1/2	x	Green chilli
1/2	x	Onion
1/2	x	Garlic clove
1	tbl	Olive oil
1/2	tbl	Chopped parsley
1/2	tsp	Sea salt
227 1/2	gm	Tomatoes

Method :

- 1. Chop the peppers, onions, garlic and tomatoes.
- 2. Lightly fry the peppers, onion and garlic in the olive oil for a few minutes.
- 3. Add the parsley, tomatoes and salt and cook on a low heat for about
half an hour, stirring, occasionally, until te omtos are pulped.
- 4. Combine this with the cooked chick peas and serve, either with rice
- Hi Mark,
- Good-o. Do you like Thai food BTW? Just got a wonderful cook book full of it :-)

Chicken and Spanish Rice

Yield > 1 Servings

Keys : Microwave Poultry Spanish Spain European Mediterranean

Ingredients :

3	lb	Fryer, cut up
1	cup	Onions, chopped
1	cup	Green pepper, chopped
2	x	Cloves garlic, minced
3	cup	Cooked rice
1	can	Tomato sauce, (8 ounce)
1/4	cup	Dry red wine

Method :

- Place chicken pieces in an oblong baking dish, skin side down, with thicker portions to outside of dish. Cover with wax paper. Microwave at medium high
- (70%) 10 minutes. Turn pieces over, keeping thicker portions to outside of dish. Cover with wax paper. Microwave at medium high (70%) until chicken is tender, 12 to 15 minutes. Remove chicken from dish. Add onions, peppers and garlic. Cover with wax paper. Microwave at high (100%) until tender, 4 to 5 minutes. Stir in rice. Combine tomato sauce and wine. Pour over chicken. Microwave at medium high (70%) until heated, 9 to 10 minutes.
- Makes 6 servings.

Chicken Fritters - (Bunuelitos De Pollo)

Yield > 1

Keys : Appetizers Tapas Poultry Chicken Spanish Spain European Mediterranean Spanish Hot

Ingredients :

1	**cup**	Cooked chicken minced
1/2	**cup**	Olive oil for frying
		Salt and pepper to taste
FRITTER BATTER		
1/3	**cup**	Flour
1/3	**tsp**	Baking powder
1	**x**	Egg
1/3	**cup**	Water

Method :

- Put flour in mixing bowl and gradually add enough water (about 1/3 cup) to make a batter of the consistency of a thin cream sauce. Stir in one lightly beaten egg and the baking powder.
- Add minced chicken to batter, season with salt and pepper to taste. (This much may be done a day in advance.)
- Heat enough olive oil in a large frying pan to cover the bottom to a depth of 1/4-inch (about 1/2 cup). When oil begins to smoke, drop in cod mixture off teaspoon and fry until well browned, turning once. Total frying time will be 10-15 minutes. Drain on brown paper before serving.
- Comments: The fritters should be small enough to be eaten in one bite from a toothpick. They need not be served hot, and in fact are best just warm. The basic batter will make three to four dozen small fritters and can be used for many varieties.

Chicken Rice Burritos

Yield > 60 Servings

Keys : Miscellaneous Rice Grains Poultry Spanish Spain European Mediterranean

Ingredients :

3	**cup**	Sour Cream
3/4	**cup**	Milk
1/2	**cup**	Green Chilies
1	**pkt**	Uncle Ben's Brand Chicken Flavor Rice Pilaf
1/2	**tsp**	Cayenne Pepper
6	**lb**	Diced, cooked chicken
2	**tbl**	Salt
60	**x**	Flour tortillas

Method :

- 1. Combine sour cream, milk and green chilies. Chill to blend flavors.
- 2. Cook rice according to package directions adding cayenne papper.
- 3. Stir in chicken and salt. Heat through. Cover and keep warm
- (150-160F.) until ready to serve.
- 4. Place No. 12 scoop chicken-rice mixture on tortillas. Fold.
- Ladle 1/2 ounce sour cream sauce over top of folded tortillas.
- PORTIONS: Approximately 60 1/2-cup (No. 8 Scoop)
- Measurements and timing are designed only for Uncle Ben's Fast Cooking Rice Pilaf, Original Rice Pilaf, Fast Cooking Spanish Rice, Long Grain & Wild Rice Blend, and CONVERTED Brand Rice From Recipe cards provided by Uncle Ben's Converted Brand Rice.

Chicken Sofrito (Stir-Fried)

Yield > 2 Servings

Keys : Poultry Spanish Spain European Mediterranean

Ingredients :

2	**tsp**	Olive oil, divided
1/2	**cup**	Finely chopped onion
1/4	**cup**	Finely chopped green bell pepper
2	**x**	Garlic cloves, minced
1 1/4	**cup**	Drained canned Italian tomatoes, seeded and
		Finely chopped
3/4	**cup**	Water
1/2	**cup**	Sliced mushrooms
1	**oz**	Julienne-cut Canadian-style bacon (thin strips)
2	**tbl**	Sherry
1	**pkt**	instant chicken broth and seasoning mix
1	**tsp**	Oregano leaves
1/4	**tsp**	Each salt and black pepper
1/8	**tsp**	Ground red pepper
9	**oz**	Skinned and boned chicken breasts, cut into
3	**x**	1/2-inch strips

Method :

- In 10-inch skillet heat 1 teaspoon oil over medium-high heat, add onion, bell pepper and garlic and saute until onion is translucent, 2 to 3 minutes. Add remaining ingredients except chicken and olives and stir to combine. Reduce heat to low, cover, and let simmer, stirring occasionally, for 15 minutes. While tomato mixture is cooking, in separate 10-inch nonstick skillet heat remaining teaspoon oil over medium-high heat; add chicken and stir-fry until golden brown on all sides. Transfer to sauce, add olives and stir to combine. Increase heat to medium and cook until chicken is cooked through and sauce is thickened, 5 to 6 minutes. Serve sprinkled with ground almonds.
- Makes 2 servings.

4	x	Pimiento stuffed green olives, sliced crosswise
1/2	oz	Shelled almonds, lightly toasted and ground

Chicken with Almonds and Honey

Yield > 4

Keys : Chicken Main Dish Poultry Nuts Spanish Spain European Mediterranean

Ingredients :

3 1/2	lb	Chicken
		Kosher or sea salt as needed
		Freshly-ground black pepper as needed
2	tbl	Olive oil plus
1	tsp	Olive oil
1	med	Onion finely chopped
1	tbl	Minced cilantro
1	tbl	Minced parsley
1/4	tsp	Grated fresh ginger
1	pch	Saffron threads crumbled
1/4	tsp	Ground cumin, preferably freshly ground

Method :

- Cut the chicken into small serving pieces, detaching the wings and legs and dividing the breast in 4 pieces and each thigh in half crosswise. Sprinkle on both sides with salt and pepper. Heat 2 tablespoons of the oil in a shallow casserole and lightly brown the chicken on all sides. Add the onion and cook until it has wilted. Sprinkle in the cilantro, parsley, ginger, saffron, cumin, and nutmeg. Stir in the chicken broth and wine, cover, and simmer 40 minutes.
- In a very small skillet, heat the remaining teaspoon oil and lightly brown the almonds over a medium flame. Add the honey and 2 tablespoons water and cook away most of the liquid. Spoon over the chicken, cover, and cook 5 minutes more.
- This recipe yields 4 servings.
- Comments: A preparation from Andalucia's Moorish past that includes many of the most characteristic ingredients of Moorish cooking of those times: almonds, honey, cilantro, ginger, saffron, and cumin.

1/8	tsp	Nutmeg
1/2	cup	Chicken broth
1/4	cup	Dry white wine
2	tbl	Chopped blanched almonds

Classic Catalan All-i-Oli

Yield > 1

Keys : Sauces Spanish Spain European Mediterranean Spanish

Ingredients :

1/2	lrg	Garlic head peeled
1/2	tsp	Lemon juice or wine vinegar
1	cup	Olive oil room temperature
1	pch	Salt

Method :

- Mash garlic to a smooth paste in mortar. Stirring constantly in the same direction, add olive oil very gradually. When mixture is as thick as a good mayonnaise, add lemon juice or vinegar. Still stirring, gradually add remaining olive oil. Salt to taste.
- This recipe makes 1 cup of sauce.
- Comments: Classic Catalan all-i-oli, used on fish, meat, vegetables, and salads, is made without egg yolks. This requires the use of many raw garlic cloves-too many for all but true garlic enthusiasts. If you like garlic, this recipe is for you.
- All-i-oli is easy to make providing certain rules are observed, rules equally applicable to mayonnaise. The ingredients, particularly the olive oil, must be at room temperature. The oil must be be added very gradually and the sauce must be stirred in the same direction all the while. All-i-oli will keep several days under refrigeration.

Clay Pot Chicken

Yield > 4

Keys : Main Dish Chicken Poultry Spanish Spain European Mediterranean

Ingredients :

1	x	Frying chicken - (3 lbs) giblets removed
		and reserved
1	tbl	Olive oil
12	sm	Onions peeled
3	x	Garlic cloves peeled
6	x	Parsley sprigs plus
		extra parsley for garnish
1/4	lb	Proscuitto diced small
2	whl	Bay leaves
3	lrg	Tomatoes peeled, seeded,
		and chopped
1/2	cup	Dry white wine
1/3	cup	Tawny or ruby Port

Method :

- Preheat an oven to 350 degrees.
- Rub the chicken all over with the oil, and loosely stuff the cavity with 3 onions, 1 garlic clove and 1 sprig of parsley. Set aside. On the bottom of a 3-quart terra-cotta jug or deep heavy casserole, spread half the proscuitto, 2 sprigs parsley, 4 onions, 1 garlic clove, 1 bay leaf and all of the giblets. Place the chicken head-first in the pot, or breast-side up in a casserole. Scatter the remaining onions, garlic, 3 sprigs parsley, proscuitto and bay leaf around and on top of the chicken. In a small bowl, combine the tomatoes, wine, Port, brandy, mustard, and pepper, and pour over the chicken. Cover the pot or casserole and bake for 1 1/2 to 2 hours, or until chicken is cooked through.
- Remove pot from the oven, and carefully remove the onions and reserve. Drain the liquid from the pot into a large skillet. Lift out the chicken and transfer to a roasting pan fitted with a rack.
- Use a slotted spoon to lift out the giblets from the pot, along with any remaining whole onions and add them to the reserved onions.
- Set the skillet of liquid over high heat, bring to a boil, reduce to a simmer and cook for 10 minutes, or until liquid is reduced by half, stirring often.

2	**tbl**	Brandy
1	**tbl**	Dijon mustard
		Freshly-ground black pepper to taste

- Preheat a broiler.
- Place the chicken under the broiler for 3 to 4 minutes, or until browned.
- To serve, cut the chicken into pieces and arrange on a large platter. Scatter the onions and giblets around the chicken, and spoon some of the warm sauce over the top. Garnish with parsley sprigs and pass extra sauce.
- This recipe yields 4 to 6 servings.

Cocido Madrileno

Yield > 4

Keys : Soups Stews Spanish Spain European Mediterranean Spanish

Ingredients :

1/2	**lb**	Chick-peas presoaked
		in water for at least 10 hours
11	**cup**	Water
1/2	**lb**	Veal or beef

Method :

- Bring 11 cups of water to boil in a large pot. When it boils, add the presoaked chick-peas, drained and tied in cheesecloth. Add veal, ham, bacon, chicken, marrow bone, carrots, leek, and mint. When soup boils again, skim it well and cook on low flame for 2 hours. Add potatoes and salt to taste. Cook approximately 1 hour longer.
- In the meantime, prick the pork sausage with a needle so that it will not burst, and put it in a separate pot with the cabbage and water to cover. Bring to a boil and simmer.

4	**oz**	Ham
5	**oz**	Bacon or salt pork in one thick slice
4	**med**	Potatoes cut in two
4	**oz**	Pork sausage (one sausage)
1/2	**sm**	Cabbage head chopped coarsely
1/4	**x**	Stewing chicken optional
1	**x**	Marrow bone
3	**x**	Carrots
1	**x**	Leek (if not available, substitute a small onion)
1	**sprg**	Mint
1/3	**cup**	Raw rice
		(or 1/2 cup fine noodles)
		Salt to taste
3	**tbl**	Olive oil

- A half hour before serving, stir the pot containing the meat, ham, chicken, etc., and strain out 6 cups of broth. Heat it to boiling, put in the raw rice or noodles and cook until tender.
- When the cabbage and pork sausage are cooked, drain well and fry in 3 tablespoons olive oil in which a garlic cloce has been previously browned and removed.
- Serve the broth containing rice or noodles as a first course. For the second course, put the chick-peas, well drained, in the center of an oval serving dish with the potatoes at either end and the slices of carrot along the sides. Slice the meat, ham, bacon, and chicken and put it on top of the chick-peas. Serve the cabbage in a vegetable dish with the pork sausage chopped fine on top. On the side, serve a thick tomato sauce ("Tomato-Onion Sauce" or "Tomato-Garlic Sauce") or a parsley sauce ("Parsley Sauce"), the recipes for which are included in this database.
- While not indispensable, "Meat Dumpling - (Pelota)" is an agreeable addition to this dish. The 'pelota' recipe is also included in this database.
- Comments: While the "Caldo Gallego" uses white beans, chick-peas are the foundation of the cocidos of central Spain. The "Cocido Madrileno" is a hearty dish, suited to the cold, dry winters of Madrid.

Cod Croquettes

Yield > 12

Keys : Fish Ocean Salted Cod Spanish Spain European Mediterranean Spanish Hot Warm

Ingredients :

3/4	cup	Desalted cod boned and skinned
2	tbl	Olive oil
4	tbl	Flour slightly rounded tbs
1/4	cup	Minced onion
2	tbl	Chopped parsley
1 1/2	cup	Cold milk
1	x	Egg separated
3/4	cup	Olive oil for frying
ROLLING MIXTURE		
5	tbl	Dry bread crumbs
2	tbl	Flour

Method :

- Cook minced onion slowly in 2 tablespoons olive oil in a saucepan. When onion is golden, add cod squeezed of liquid and cut into small pieces. After all remaining liquid has cooked out, stir in chopped parsley and 4 rounded tablespoons flour. When mixture is entirely dry, remove from stove and stir with a wooden spoon while gradually adding 1 1/2 cups cold milk. Return pan to fire and cook over moderate heat 20 to 30 minutes until there is no taste of raw flour and mixture is a thick paste. You will have to stir more and more frequently to prevent sticking as the paste thickens. Remove from fire, blend in egg yolk (reserving white for later use), and allow to cool thoroughly. This much can be prepared in advance, even the previous day.
- Stir egg white just enough to blend. Spread mixture of bread crumbs and flour on plate, board, or table. With wet hands, make evenly shaped small croquettes out of the dough, dipping each in the egg white, then rolling it in the mixture of bread crumbs and flour.
- In a skillet, heat enough olive oil to cover pan to a depth of 1/4-inch (1/2 to 3/4 cup). Fry croquettes gently, taking care to brown them evenly. Remove, drain on paper, and serve.
- Comments: Unlike most foods, these are best served warm, not hot. Bite-size croquettes served on toothpicks are excellent with cocktails.

Cod in Tomato Sauce

Yield > 5

Keys : Fish Ocean Salted Cod Seafood Spanish Spain European Mediterranean Spanish

Ingredients :

2	lb	desalted Cod cut serving size
1/2	cup	Olive oil

Method :

- Heat olive oil to the verge of smoking in a skillet. Dip pieces of cod in flour and fry lightly on both sides. Remove to a plate.
- In the same oil, fry the onion slowly until it is yellow and

1	lrg	Onion chopped fine
3	x	Tomatoes, red ripe peeled and chopped
		(or 1 1/2 cups canned tomatoes)
2	x	Garlic cloves
		Flour for dusting

soft. Fry tomatoes, peeled and chopped, over a moderate flame until sauce has thickened. Add two cloves of pressed or crushed garlic, cook 2 minutes longer, reheat cod in sauce, and serve.

Cold Mussels with Lemon Dressing

Yield > 5

Keys : Clams Mussels Seafood Citrus Spanish Spain European Mediterranean Spanish

Ingredients :

4	doz	Mussels cleaned
3	tbl	Lemon juice (or vinegar)
9	tbl	Olive oil
		Black pepper to taste

Method :

- Cook mussels in a saucepan over moderate flame until all the mussels open. A wide-bottomed pan is preferable because it distributes the heat more evenly. Shake pan continuously until mussels have released enough juice to prevent burning of the pan. As soon as all of them have opened, remove them; longer cooking will toughen them. A few minutes should suffice. If one or two stubbornly refuse to open, discard them as suspect.
- Remove one shell from each mussel. Mix olive oil with lemon juice and pour it over mussels. Grind black pepper liberally over them. Wait 1 hour before putting mussels in refrigerator to chill.

Colorful Baked Eggs

Yield > 4

Keys : Egg Spanish Spain European Mediterranean

Ingredients :

1/4	cup	Olive oil
1	lrg	Onion chopped
2	x	Garlic cloves finely chopped
1/4	lb	Cooking chorizo sliced
		or fresh spicy sausage sliced
		or smoked ham cubed
2	x	Sweet red or green peppers (3/4 lb) chopped
3/4	lb	Ripe tomatoes without skin or seed
		or 1 1/2 cups canned tomatoes with juice
1	tbl	Fino or amontillado sherry to 2 tablespoons
3/4	cup	Shelled peas
1/4	lb	Green beans snapped short length
8	x	Extra-large eggs

Method :

- Heat the oven to 350 degrees and warm a shallow casserole or baking dish.
- Heat the oil in a skillet and soften the onion slowly. Add the garlic and push to the sides of the pan, then fry the sausage or ham until colored and remove it. Add the sweet peppers and chopped tomato to the pan and let them cook and reduce, stirring occasionally. Add some sherry if the mixture seems dry. Meanwhile, cook the peas and beans and add them too.
- Transfer the vegetable mixture to the casserole and distribute the sausage or ham. Swirl the eggs together with a fork without overmixing, season them well with cayenne and salt. Pour over the vegetables and meat and bake in the oven about 10 to 15 minutes until the eggs are just set.
- Comments: With its swirl of red, green, yellow, and white, this dish has all the vibrant color of the whirling skirts of gypsy dancers. Shrimp can be substituted for the sausage, or everything included in a grand medley.

1	pch	Cayenne
		Salt to taste

Cream of Almond Soup

Yield > 6 servings

Keys : Soups Nuts Kump Spanish Spain European Mediterranean

Ingredients :

		Recipe via Meal-Master (tm) v8.02
		Yield: 6 servings
1	x	Celery stalk, minced
1	clv	garlic - peeled and crushed
2	tbl	Butter
3	cup	Chicken stock
2/3	cup	Ground almonds
1/8	tsp	Mace
1	cup	Heavy cream
		Salt and pepper
2	tbl	Toasted slivered almonds

Method :

- In a saucepan, saute the celery and garlic in the butter until softened.
- Add the chicken stock, almonds and mace. Cover and simmer 30-to-40 minutes, stirring occasionally. Remove from the heat and let stand at room temperature for one hour. Puree in a blender or food processor. Return to the pot, stir in cream and heat 2-to-3 minutes. Do not let the soup come to a boil. Taste and add salt and pepper as needed. Serve sprinkled with toasted almonds.

Crockpot Spanish Chicken

Yield > 6 servings

Keys : Poultry Spanish Spain European Mediterranean

Ingredients :

1	med	chicken, about 4 pounds, cut into serving pieces
1	x	salt and pepper
1/2	cup	diced carrot
1	lrg	onion, diced
1	cup	frozen green beans
1	can	(4oz.) sliced mushrooms
1/2	tsp	tarragon
1/2	tsp	savory
1/4	tsp	garlic powder
1	can	(16oz.) stewed tomatoes
1	x	salt and pepper to taste
1/3	cup	long grain rice
1/2	cup	water

Method :

- Arrange chicken in bottom of crockpot. Add the carrot, onion, beans, mushrooms, tarragon, savory, garlic powder, tomatoes and salt and pepper.
- Cover and cook on low 4 hours. Stir in rice and water and continue cooking for an additional 2 to 3 hours, stir occasionally.

Cucina Ebraica Chicken

Yield > 1 Servings

Keys : Poultry Spanish Spain European Mediterranean

Ingredients :

1	x	Fryer chicken, 3-to-4-pound, cut into serving pieces
		Salt and freshly ground black pepper to taste
4	tbl	Olive oil

Method :

- Goldstein's new cookbook, "Cucina Ebraica: Flavors of the Italian Jewish that mixes Sephardic, Middle Eastern and Spanish cooking traditions with Italian ingredients and methods."
- Sprinkle the chicken with salt and pepper. Warm the olive oil in a large saute pan over high heat. Add the chicken pieces and saute until golden on all sides. Add the olives, garlic, tomatoes and sage, rosemary and basil
- (if using). Cover, reduce heat to low and cook until the

1/3	cup	Pitted black olives, coarsely chopped
3	x	Cloves garlic, minced
2	lrg	Tomatoes, peeled, seeded and coarsely chopped
1	tbl	Chopped fresh sage, plus extra for garnish, (optional)
1	tbl	Chopped fresh rosemary, plus extra for garnish, (optional)
1	tbl	Chopped fresh basil, plus extra for garnish, (optional)

chicken is tender, about 25 minutes.

- Uncover the pan and add the red wine. Raise the heat to high and cook rapidly to reduce the pan juices. Adjust the seasonings. Transfer to a large warmed platter and sprinkle with more fresh herbs, if desired. Serve at once.

Dazzling Salads are Tossed with Spanish Flair

Yield > 1

Keys : Spanish Spain European Mediterranean Spanish

Ingredients :

Method :

- Crisp greens arranged on a plate, topped with artful arrangements of vegetables, grains, seafood and meat. What are they? Main-course salads - and they're changing the way we eat.
- These all-in-one creations let cooks draw on their imaginations, or on what happens to be in the refrigerator. With a little advance planning, you can tilt your salads in a Spanish direction. Just stock your pantry with ready-to-use ingredients such as saffron, sherry wine vinegar, piquant green olives and unique fire-roasted piquillo peppers. After tasting the results, you'll see why these products have been dubbed "Spain's gift to the American table"!
- Paella Salad offers a fresh interpretation of the famous rice dish, described as a "movable feast that takes many exciting and unusual twists and turns," by Penelope Casas, author of Paella and other Spanish cookbooks. In this recipe, a mixture of saffron-flavored rice, seafood and meat is arranged on crisp greens. Green olives and piquillo peppers add their eye-catching colors and forceful flavors to a warm, comforting salad.
- The dressing for Paella Salad (presented in this collection) gets its subtle but distinctive taste from extra-virgin olive oil, sherry vinegar and paprika.
- This same trio of ingredients plays a starring role in Paprika Chicken and Orange Salad, another dish with unmistakable Spanish flair. Chicken breasts are dusted with Spanish paprika, then sauteed and tossed in a piquant sherry-vinegar dressing and served over greens.
- Arrange the salad on a platter or individual plates, and top it with garnishes found over and over in Spanish cuisine: orange sections, almonds, raisins, and mint leaves. Then close your eyes and imagine you're eating this unique main-course salad on a terrace in southern Spain.

Dinner Party Paella

Yield > 4 Servings

Keys : Poultry Sausages Fish Shellfish Casseroles Spanish Spain European Mediterranean

Ingredients :

1/2	lb	Chorizo sausage
1 3/4	lb	Chicken legs
1	tbl	Olive oil
1/4	tsp	Saffron threads
3	cup	Chicken stock, warm
1	x	Onion, chopped
2	x	Garlic cloves, minced
28	oz	Canned tomatoes
1	sm	Sweet green pepper, diced
1 1/2	cup	Short-grain rice
1/2	tsp	Salt
1/2	tsp	Pepper
1/2	cup	Frozen peas
3/4	lb	Large raw shrimp
3/4	lb	Mussels
2	x	Green onions, minced
8	x	Lemon wedges

Method :

- Authentic Spanish paella gets its name from the shallow two-handled pan in which it is cooked. There are only three 'must have' ingredients - short-grain rice for its velvety creaminess, saffron for its taste and golden hue, plus olive oil - most paellas include a colourful selection of sweet peppers, green peas, seafood, chicken and spicy chorizo sausage, which simmers to doneness as the rice plumps.
- 1. Cut sausage into 1/2-inch thick slices. Remove skin from chicken; trim off fat. Using sharp heave knife, cut through chicken leg at joint to separate thigh from drumstick.
- 2. In large paella pan or deep wide skillet, hat oil over high heat; cook sausage, stirring, for 2 minutes or until browned. Remove to platter.
- Reduce heat to medium. Add chicken and cook for 7-10 minutes per side or until evenly browned. Add to platter.
- 3. Stir saffron into chicken stock; set aside to soften. Add onion and garlic to pan; cook, stirring, for 4 minutes or until softened. Add stock mixture, tomatoes and green pepper; bring to boil, breaking up tomatoes with back of spoon and stirring to scrape up any brown bits from bottom of pan [deglaze].
- 4. Stir in rice, salt and pepper; reduce heat to low. Add chicken; simmer gently, stirring often, for 20 minutes. Gently stir in peas and sausage.
- 5. Meanwhile, peel and devein shrimp. Scrub mussels under running water.
- With shears, trim off beards. Discard any mussels with cracked shells or ones that do not close when tapped.
- 6. Nestle shrimp and mussels in rice until almost covered; cook for 7-10 minutes or until rice is tender, shrimp are pink and mussels are open.
- Discard any mussels that do not open.

- Garnish with onions and lemon.
- Test Kitchen tip: you can use clams instead of mussels, omit the seafood altogether and double up the chicken, or replace chorizo with any spicy sausage.
- To make a fluffier paella with parboiled long-grain rice: cook, covered adding 1/2 cup more stock near end of cooking to prevent sticking. Garnish with trimmed fresh artichoke brushed with lemon juice to prevent browning.
- [paella pans were available from Cdn Living as stock item #1687, $54.95Cdn

Early Gazpacho Pale by Comparison

Yield > 1

Keys : Spanish Spain European Mediterranean Spanish Cold

Ingredients :

Method :

- Before Columbus, gazpacho was pristine white. Almonds, pounded in a mortar with chilled well water, rustic bread, garlic and olive oil, created creamy, thick ajo blanco. Garnished with green grapes, the cool, pale soup was soothing sustenance in an arid land. It was only after the arrival of the tomato from the New World centuries later that gazpacho blushed red.
- Gazpacho is one of the oldest dishes of Spanish cuisine, and one of the best known. To understand the gazpacho found today on almost every restaurant's summer menu, you must understand its ancient, rural origins.
- While on vacation in Spain last spring I met Clara Maria G. de Amezua, a scholar, author and teacher of Spanish cuisine. Although the letter G. in her name stands for a family name, in truth, I think it must stand for gazpacho, for she is one of the country's leading experts on its history. These are some of the things she told me.
- In heat-blistered and sun-parched Andalusia, the southernmost province in Spain, food has always had to be light, easily digestible and wilt-resistant. It needed to be cool, refreshing and thirst-quenching as well, and had to contain enough salt to replace losses through perspiration. To meet all of these requirements, Spanish cooks created gazpacho.
- As early as the 17 th century, properly made gazpacho was so nutritious and important in Spain that for many it was almost the sole source of nourishment.
- It was King Philip IV's law that "two pounds of bread and olive oil for the gazpacho" be given to field workers each day. Farmhouse managers designated a special person called a gazpachero to prepare the dish for the field workers' main meal. In the winter, the mixture was warmed into a nourishing stew. This was survival food.
- Stale bread was ever-present in the diet of rural people. In villages, where a family's bread was baked only once a week, housewives would make up their dough, marking each unbaked loaf of bread with a personal stamp for identification. The bread was then carried in baskets to a community oven to be baked.

- The challenge was how to utilize every precious bread crumb. So with mortar and pestle, cooks ground stale bread, almonds and garlic to a paste, adding olive oil and salt, and thinning the mixture with water. Sometimes pine nuts or cooked lima beans were substituted for the almonds. These earliest white gazpachos were left to sit in the cool shadows until mealtime. Served with a glass of crisp white wine, gazpacho made a complete meal.
- Olive oil was essential to gazpacho for its nutrition and staying power as well as its flavor and fragrance. Spaniards, surrounded by the olive trees that gave them their livelihood as one of the world's biggest producers and exporters of olive oil, were eating the purest of today's much-heralded Mediterranean
- Green gazpachos were made by mashing herbs such as cilantro and basil into the mixture and then topping the mixture with chopped lettuce. The green soups are almost forgotten today.
- Enter the first tomato. Seville, which served as the entry point for the new food products that explorers and colonists brought back from America, saw the first tomatoes and peppers from the New World. These new ingredients transformed the traditional dish.
- There are as many versions of modern gazpacho as there are cooks. Some like the soup thick and chunky with vegetables; others puree it and pass chopped vegetables at the table. Some prefer an intense garlic flavor, while others prefer a more subtle flavor. Chilies can give gazpacho a kick. Bread, stale or otherwise, isn't usually used, nor are nuts. About the only agreement today is that gazpacho should contain tomatoes and be served cold. The mortar and pestle are long gone, replaced by the electric blender.
- Gazpacho is a summer salad posing as a soup. It can be composed of whatever is ripe in the garden. Luscious, vine-ripened tomatoes usually form the base. A clove of garlic, an onion, red or green peppers and cucumbers are the supporting cast. Olive oil, wine vinegar, salt and pepper dress the salad. Chopped egg, fried bread cubes, diced onion, tomato, cucumber and bell pepper are garnishes.
- In the American Southwest, around Santa Fe, New Mexico, cooks add lime juice, fresh herbs and hot chilies. They serve the soup in hollowed-out, extra-large beefsteak tomatoes, placed on shaved ice and garnished with minced jalapenos, green onions and chopped avocado.
- It's hard to think of a dish that better fits the bill of the traditional heart-healthy Mediterranean diet, rich in non-processed and simple foods such as vegetables, grains and nuts and, its mainstay, olive oil.
- Marlene Parrish is a cookbook author and food writer based in Pittsburgh.

Easy Spanish Rice

Yield > 1 Servings

Keys : Low Calorie Fat Free Diet Spanish Spain European Mediterranean

Ingredients :

1	**x**	Chopped onion
1	**x**	Chopped green pepper
1	**cup**	Uncooked rice
1/2	**cup**	Canned tomatoes with green
		Chilies (I use the diced Ro*Tel brand)
1/4	**tsp**	Ground turmeric
1	**tsp**	Ground cumin
		Salt (orginal recipe calls
		For 1/2 t salt - I do not Add salt)
1 3/4	**cup**	Water (original recipe calls
		For 2 C - I like my rice Drier)

Method :

- Saute onion & green pepper in water until tender. Add remaining ingredients to onion/green pepper Bring to boil - Reduce heat and simmer till rice is done (time will vary according to kind of rice used)
- I have used both long grain brown rice and long grain Uncle Bens Converted Rice (preferred by daughter) - both are good.
- I frequently double the recipe and dump in the whole can of green chilies
- (10 oz)

Eggs in a Nest - (Huevos Al Nido) i

Yield > 6

Keys : Egg Spanish Spain European Mediterranean Spanish

Ingredients :

6	sm	Soft rolls - (about 3" in diameter) fairly small
6	x	Egg yolks
5	x	Egg whites
3	tbl	Butter
6	tbl	Milk
1/2	cup	Olive oil
2	tbl	Pine nuts (optional)
		Salt to taste

Method :

- Cut the tops off the rolls leaving a little over half. You will use only the bottom half. Scoop out most of the soft white interior; take care not to pierce the sides. Pour 1 tablespoon milk in each roll, divide butter among the six, and put an egg yolk in each. Sprinkle the yolks lightly with salt.
- Heat the olive oil until hot (but not smoking) while you beat the egg whites to a stiff peak. Dividing them equally among the six rolls, pile the whites on top the yolks and sprinkle with pine nuts. Fry the rolls in the hot oil, spooning oil over the whites until they puff up and are lightly browned. Serve at once: the whites fall fairly quickly (although they stay stiff as long as a well-cooked souffle).
- Comments: An inexpensive and effective first course, this recipe must be made at the last moment. If the raw egg whites are voluminous when beaten, do not use all of them.

Empanadas Valencianas (Stuffed Savory Pastries)

Yield > 1 Servings

Keys : Appetizers Hot Spanish Spain European Mediterranean

Ingredients :

EMPANADA DOUGH		
2	cup	All-purpose flour
1/2	tsp	Salt
1	tbl	Pernod
1/3	cup	Olive oil
		Ice water, or version 2
YEAST EMPANADA DOUGH		
1	tbl	Fresh yeast, or

Method :

- EMPANADA DOUGH 1 Sift flour and salt onto a board and make a well in the centre. Add the Pernod and olive oil, cover with flour and work partially in. Add enough ice water to make a smooth but reasonably firm dough. Knead lightly, then wrap in plastic and set aside for at least 1 hour before using. This makes enough for 6 large or 36-48 small empanadas. YEAST EMPANADA DOUGH 2 Dissolve the fresh yeast in 2 tbsp lukewarm water, then stir in 2 tbsp flour. Let stand for 10 mins for yeast to activate. Sift flour onto board, and make a well in the center. Add the yeast mixture, and mix in lightly. Add oil and salt, cover with flour and mix in lightly again. Add the water to make a smooth dough, kneading for a few minutes.
- Place in an oiled bowl and cover with a cloth. Let rise for 1 hour. Roll out very thinly, fold into quarters and roll again. Repeat this 3 or 4 times to make a pastry with a light layered

2	tsp	Dried yeast, mixed with
1	tbl	Warm water
3 1/2	cup	All-purpose flour
1/4	cup	Olive oil
1 1/4	tsp	Salt
3/4	cup	Water, or
		Milk and water, mixed
FILLING		
1	x	Leek, trim, rinse & chop
1	lrg	Garlic clove, minced
2	tbl	Olive oil
2	sm	, ripe tomatoes* peel, seed, chop
4	oz	Jamon serrano or other cured ham*, very finely diced
2	x	Hard-boiled eggs, chopped
1	tbl	Parsley, finely chopped
		Salt and pepper

texture. Wrap in plastic and chill for up to 2 hours. Often this pastry is glazed with beaten egg tinted with saffron. FILLING Saute the leek with garlic in the oil until softened, add tomato and cook briefly. Add the ham and saute briefly, then remove from the pan and let cool. Mix chopped eggs and parsley into filling, seasoning to taste. Roll out the dough thinly and use a circular cutter to make 6 rounds of pastry. Place a portion of filling to one side of each, leaving the edge uncovered. Moisten the edges with water, then fold over and pinch or crimp the edges to seal. Prick tops with a fork or skewer.

- Brush with beaten egg and place on a greased baking sheet. Bake in a preheated 400#176#F/200#176#C/Gas 6 oven for about 25 mins or until they are golden brown.
*Ketchup can be used instead
*Any other type of ham can be used - whatever comes to hand. Tip: Empanadas can be frozen before baking; bake frozen pastries for about 35 mins. Make empanadillas with a 2 1/2" cutter; makes about 40. REG shared by Maria Malo, London, England. All measures are US standard

- NOTES : We made these empanadas as small canapes for our wedding buffet - they go like wildfire !!!

Escalibada (Grilled Vegetables)

Yield > 4 Servings

Keys : Appetizers Vegetables Spanish Spain European Mediterranean Hot Cold

Ingredients :

2	**x**	Red bell peppers
2	**x**	Green bell peppers
2	**med**	Eggplants
4	**med**	Tomatoes
DRESSING		
1	**tbl**	Parsley, chopped
1/4	**cup**	Olive oil
2	**tbl**	Vinegar
1	**x**	Garelic clove, minced

Method :

- Grill the peppers over moderate heat on the barbecue. Pierce the skin of the eggplants to prevent their skins from bursting & grill them with the peppers for 15 minutes, turning severla times. When the skins are blistered & charred, remove from heat. Wrap in a towel & place in a paper bag. Set aside.
- Score the skin of the tomatoes with a cross. Grill for 5 minutes, turning occasionally.
- When cool, peel the peppers & eggplant & remove the pepper seeds.
- Peel the tomatoes. Slice the vegetables. Arrange the vegetables on a platter with the tomatoes in the centre.
- Toss together the dressing ingredients. Drizzle the dressing over the vegetables. Serve hot or cold as a side dish or as a main course with bread. Or, combine with other tapas.
- NOTE: While these vegetables are best cooked on a grill they can be cooked under the broiler.

Escudella De Pages (Country Stew)

Yield > 6 Servings

Keys : Soups Stews Pork Meats Spanish Spain European Mediterranean Hot

Ingredients :

2 1/2	**qt**	Water
4	**x**	Veal bones
1	**x**	Ham bone
		Salt
1	**x**	Generous pinch of saffron threads
3	**tbl**	Olive oil
4	**oz**	Salt pork

Method :

- (NOTE: Oz measurements are by weight.) Make a good broth with the water, veal and ham bones, simmering slowly. When nearly done, add salt to taste and the saffron. Blanch the salt pork to remove the excess salt, then dice.
- Heat the oil in a large skillet, add the diced salt pork and chopped onions. When the onions begin to brown, add the pieces of chicken and veal and allow to cook slowly. Peel the potatoes, leek and carrots, chop them fairly finely, then add to the skillet with the chicken and veal. Chop the cabbage finely and add to the skillet. Give it all a good stir. Remove the bones from the broth and discard. Empty the contents of the skillet into the broth, then add the beans, rice and pasta. Cook for about 10 - 15 minutes, until the rice and pasta are done, then serve very hot.

4	**oz**	Peeled, chopped onions
1/2	**x**	Stewing chicken, bite-sized pieces
1/2	**lb**	Veal, bite-sized pieces
1/2	**lb**	Potatoes
1	**med**	Leek
5	**oz**	Carrots
4	**oz**	Green cabbage
4	**oz**	Dried Great Northern, cooked
4	**oz**	Rice

- Pages, in Catalan, means peasant, rural, or rustic.

Fideua (Spanish Noodle Paella)

Yield > 4 Servings

Keys : Pasta Spanish Spain European Mediterranean

Ingredients :

10	**oz**	Thick spaghetti or buccatini
2	**tbl**	Olive oil
1	**med**	Onion, finely chopped

Method :

- Holding few strands at a time, break pasta into 1-inch pieces and set aside.
- Heat oil in paella pan or large skillet. Add onion and garlic and cook over medium heat until soft and translucent but not brown, about 4 minutes.
- Add tomatoes and paprika and cook until all liquid has

2	x	Cloves garlic, minced
3	lrg	Ripe tomatoes, peeled, seeded and flnely chopped
1	tsp	Sweet paprika
12	sm	Clams or mussels, scrubbed under cold water
6	oz	Shrimp, peeled and deveined
6	oz	Scallops (large ones cut into quarters, small ones cut in half or left whole)
8	oz	Monkfish or other firm white fish, cut on the diagonal into 1/2-inch slices
2 1/2	x	-(up to)
3	cup	Fish or chicken stock or bottled clam broth, or as needed
1/4	tsp	Saffron threads, soaked in:
1	tbl	Warm water
		Salt, freshly ground black pepper
2	tbl	Chopped fresh parsley for garnish

evaporated, about 5 minutes.

- Stir in clams, shrimp. scallops and monkfish and saute 1 minute. Add 2-1/2 cups fish stock and saffron and bring to boil. Stir in pasta and return to boil. Reduce heat and gently simmer until pasta is cooked, 15 to 20 minutes, stirring occasionally.
- If mixture dries out too much before pasta is completely cooked, add remaining stock. Add salt and pepper to taste. Sprinkle with parsley and serve at once.
- Makes 4 servings.

Fish Baked with Potatoes, Onions, and Wine

Yield > 4

Keys : Fish Ocean Main Dish Seafood Tubers Root Vegetable Alcoholic Spanish Spain European Mediterranean

Ingredients :

Method :

- Arrange the potatoes and onion in layers in a greased baking pan, sprinkling each layer with oil (a total of 3 tablespoons), salt, and pepper (choose a pan in which you will

1	lb	Potatoes cut into 1/8" slices
1	x	mediun Onion slivered
1/4	cup	Olive oil
		Kosher or sea salt as needed
		Freshly-ground black pepper as needed
1/4	lb	Tomato in very thin wedges
2	lb	Turbot steaks, 1 inch thick
		(or other firm-flesh fish like halibut)
1 1/2	tsp	Fresh thyme leaves
		(or 1/4 teaspoon dried thyme)
1 1/2	tsp	Minced fresh rosemary
		(or 1/4 teaspoon dried rosemary)
1 1/2	tsp	Minced fresh marjoram
		(or 1/4 teaspoon dried marjoram)
2	tbl	Minced fresh parsley
		Freshly-squeezed lemon juice
1/2	cup	Dry white wine
1	tbl	Dried bread crumbs

have about 3 layers). Scatter the tomato wedges over the potatoes, cover tightly with foil, and bake in a 350 degree oven about 45 minutes, or until the potatoes are almost tender. Meanwhile, sprinkle the fish steaks on both sides with salt and let sit.

- Place the fish over the potatoes, brush the fish with about 1 tablespoon oil, then sprinkle the fish and potatoes with thyme, rosemary, marjoram, parsley, and lemon juice. Pour on the wine. Dust the fish with bread crumbs and cook until the fish is just done, about 15 minutes, basting several times.
- This recipe yields 4 servings.
- Comments: Fish (whatever is freshest that day) baked over a bed of thin-sliced potatoes is one of the preferred ways to prepare fish in Catalunya. This version from Els Pescadors, a fine seafood restaurant commanding wonderful views of the sea and of the small port of L'Escala, is quite exceptional.

Fish in Pimenton Sauce - (Pescado Al Pimenton)

Yield > 6

Keys : Fish Ocean Main Dish Seafood Spanish Spain European Mediterranean

Ingredients :

1 1/2	lb	fish filets - (to 2 lbs) such as
		orange roughy
		Salt as needed
4	slc	French bread crusts removed
4	x	garlic cloves
2	tbl	sweet or bittersweet pimenton see * Note
1	tsp	oregano
1	cup	fish broth
3	tbl	olive oil
		small boiling potatoes cooked, sliced
2	tsp	Sherry vinegar or sour orange juice
		Chopped Italian parsley for garnish

Method :

- * Note: Spanish pimenton comes in three flavors-dulce (sweet), agridulce (bittersweet) and picante (spicy hot). Each is made from a different subspecies of pepper. Sweet pimenton, smoked or unsmoked, is the most versatile, while the bittersweet adds an interesting complexity to a dish. The spicy-hot is packed with flavor and really not at all fiery to most palates. Substitute Spanish pimenton in any recipe calling for paprika.
- Cut the filets into 3-inch pieces, sprinkle them with salt and let them stand 30 minutes. Soak the bread in water to cover until it is softened. Squeeze it out and put it in a blender with the garlic, pimenton, oregano and broth. Blend until smooth.
- Heat the oil in a skillet or heat-proof cazuela (a cazuela is an earthenware casserole; if you use one, serve the fish from it) over medium heat. Pat the fish dry with a paper towel and fry the pieces of fish about 1 minute on each side; the fish does not need to brown. Add the blended pimenton sauce and cook until the fish is about halfway cooked, about 10 minutes.
- If the sauce thickens too much, add additional broth or water. Add the cooked potatoes; continue cooking until the fish just flakes easily, about 5 more minutes. Add the vinegar and cook 2 minutes more. Sprinkle with the chopped parsley and serve.
- This recipe yields 4 to 6 servings.
- Comments: This can be made with any solid-fleshed fish, such as monkfish. If you like experimenting with unusual

catch, try it with skate. You can serve the delicious sauce with lots of bread or add boiled potatoes to the cazuela to soak up the flavor.

Fish Soup of Cadiz - (Sopa De Pescado Gaditana)

Yield > 5

Keys : Soups Stews Fish Ocean Spanish Spain European Mediterranean Spanish

Ingredients :

3	**lb**	Cleaned fish, large or small see * Note
		(cut in slices 2 to 3" thick)
4	**sm**	Garlic cloves peeled
1	**med**	Onion minced
1/2	**cup**	Sour orange juice
		(add lemon juice if oranges are sweet)
10	**cup**	Boiling water
		Salt and pepper to taste

Method :

- * Note: Use any lean white fish, small or large, cleaned, but with heads and tails. The greater the variety, the better.
- Salt fish lightly and let it stand for 1 hour. Heat olive oil and fry whole garlic cloves until browned. Remove garlic. Fry minced onion for 1 minute; pour in 10 cups boiling water. Boil until onion is soft. Add fish slices, cover, and boil 15 to 20 minutes longer. Strain soup and return to low fire. Remove bones and skin from fish. Stir in orange juice, season to taste, return fish to soup, reheat, and serve.

Flaming Eggs

Yield > 2 Servings

Keys : Spanish Spain European Mediterranean

Ingredients :

1	tbl	Olive oil
1/2	sm	Onion
1/2	sm	Red pepper
1/2	tsp	Chopped red chilli
220	gm	Crushed tomatoes
1	tbl	Tomato paste
3	x	Eggs
1	tbl	Parsley

Method :

- Preparation Time: 25 minutes
- Cooking Time: 25 minutes
- 1. Preheat the oven to 160C. Heat the oil in a medium pan, add the onion and cook over a medium heat until soft and lightly golden. Add the pepper and chilli and cook for a further 2-3 minutes. Add the tomato paste and cook , uncovered, over a low heat for 10 minutes, stirring occasionally.
- 2. Transfer the tomato mixture into a shallow, ovenproof dish. Using the bowl of a soup spoon, press two hollows into the mixture to hold the eggs (one per number of servings). One-by-one break each egg into the hollows.
- 3. Bake for 20-30 minutes or until the whites are set and the yolks are still soft.
- 4. Sprinkle with parsley and serve immediately.

Flathead with Almonds, Sweet Red Peppers and Saffron

Yield > 6 Servings

Keys : Seafood Fish Nuts Spices Spanish Spain European Mediterranean

Ingredients :

2	lb	Flathead, in large whole filets, skin and membranes removed
2	tbl	Olive oil
3	lrg	Garlic cloves, minced
3	lrg	Red bell peppers, cored, seeded, cut into strips lengthwise
3/4	cup	Whole almonds, toasted
1/2	tsp	Saffron threads
1/2	cup	Dry white wine
1/2	cup	Fish stock
1/2	tsp	Salt
1/2	tsp	White pepper, or to taste
1	oz	sliced almonds, toasted, for garnish

Method :

- Preheat the oven to 350F. Bake the fish in a buttered baking pan for 15 minutes. Let cool. Cut into medallions and set aside. Reserve the baking juice. Heat the oil in a large skillet, add the garlic and peppers and saute over low heat for 20 minutes, stirring occasionally. Grind whole almonds finely in a food processor and add to the skillet with the saffron, wine, stock, reserved fish juices, salt and pepper; cook over medium heat for 5 minutes. Transfer to a blender or food processor and puree. Return the sauce to the skillet, add the fish medallions, and heat through. Serve immediately, with sliced almonds sprinkled on top.
- Serves 6.

Flavor of the Month is Thyme

Keys : Herbs Spanish Spain European Mediterranean

Ingredients :

Method :

- When it comes to spring, it's clear that thyme is of the essence. This herb exemplifies the fresh spirit of the new season. Thyme's flavor profile, characterized as minty and green, makes it an essential complement to the season's most popular foods such as seafood, asparagus, new potatoes, mushrooms, baby greens, and lemons. French Thyme is recognized as being the world's highest quality, but only limited quantities are grown each year, so most thyme is imported from Spain. Thyme's origin dates back to Ancient Greece, where it symbolized courage. Roman soldiers bathed in water infused with thyme to gain vigor, courage, and strength. And in the Middle Ages, ladies embroidered a sprig of thyme on the scarves of knights for bravery. Today, almost 300,000 pounds of thyme are sold each year, and numbers are on the rise.

Freezer Mix Spanish Rice

Yield > 4 Servings

Keys : Hamburger Beef Meats Spanish Spain European Mediterranean

Ingredients :

1	pkt	Beef-Tomato Freezer Mix
5	x	Bacon,crisply fried, slices
1	cup	Rice, uncooked reguliar
2 1/2	cup	Water
1	tsp	Chili powder
1 1/4	tsp	Oregano leaves

Method :

- Dip container of frozen mix into hot water just loosen. In large skillet, heat frozen mix and remaining ingredients to boiling. Reduce heat; cover and simmer, stirring occasionally, until mix is thawed and rice is tender, about 30 minutes. (A small amount of water can be added if necessary.)

Fried Artichokes

Yield > 1

Keys : Artichokes Vegetables Spanish Spain European Mediterranean Spanish

Ingredients :

2	x	to 3 baby Artichokes per person
		Flour for dusting
		Salt and pepper to taste
4	x	to 5 tablespoons Olive oil

Method :

- Clean the artichokes under running water, slice off tops so that only 1-inch remains above heart of vegetable, trim stems, and remove any tough outer leaves. Cook in boiling, salted water until tender. Test by pulling off a leaf: when it comes off easily, the artichoke is done. Cut boiled artichokes in eighths after draining well. Roll them in flour seasoned with salt and pepper and fry them in very hot olive oil. Drain briefly on paper or in a sieve and serve immediately.

Fried Artichokes Marinated in Garlic Vinaigrette

Yield > 4 Servings

Keys : Spanish Spain European Mediterranean

Ingredients :

12	med	Artichokes
1	x	Lemon , juice of
4	fl oz	Dry white wine
4	tbl	Olive oil
2	oz	Flour
2	x	Garlic cloves, crushed in a mortar (up to 4)
		Salt, freshly ground black pepper
1/8	tsp	Cayenne pepper
2	tbl	Finely chopped fresh parsley (up to 3)

Method :

- One of our artichoke favorites, again from A Mediterranean Harvest. This is a Spanish recipe.
- Remove all but the most tender inner leaves of the artichokes, quarter and remove the chokes. Place in a bowl with the lemon juice and water to cover until ready to cook. [Just rub with cut lemon if you use them straight away.]
- Drain the artichokes, place in an enamel or stainless steel saucepan with 250 ml/8 fl oz water and 120 ml/4 fl oz wine. Bring to the boil, lower the heat and simmer, covered, until tender, about 20 min. Drain, pat dry with paper towels and set aside.
- Heat the oil in a frying pan, dredge the artichokes very lightly with flour, place in the pan and fry until browned on all sides. Remove from the heat and place in a serving bowl. Pour any remaining cooking oil over the artichokes.
- Combine the remaining ingredients except for the parsley, mix well, then spread over the artichokes. Add the parsley, blend thoroughly and chill for a couple of hours before serving.
- If you're not too fed up with pasta, I've also got a nice recipe with fusilli and artichokes!

Fried Banana Pastries

Yield > 30

Keys : Desserts Tropical Fruits Spanish Spain European Mediterranean Spanish

Ingredients :

5	x	Bananas
1/3	cup	Olive oil for frying
		Powdered sugar for dusting
		(or use granulated sugar if you prefer)
PASTRY		
3	cup	Flour
1/2	cup	Olive oil
1/2	cup	Cold water
1	tsp	Salt
1	tsp	Anise liqueur
		(or a pinch of anise seed)

Method :

- Put flour on a table or marble slab. Make a hole in the center for the remaining ingredients. Mix dough thoroughly with fingers, roll into a ball, chill several hours in refrigerator before rolling.
- Roll dough rather thin (1/8-inch) on lightly floured surface. Cut bananas lengthwise in slices approximately 1/4-inch thick. Halve slices and roll each one in the dough. Press down edge to seal and tamp ends to close. Fry in hot olive oil until browned on all sides. Dust liberally with powdered sugar and serve. The pastry is flaky and the banana melts into a creamy filling.
- This recipe makes 30 to 35 pastries 3-inches long.

Fried Broad Beans

Yield > 4

Keys : Broad Beans Vegetables Spanish Spain European Mediterranean Spanish

Ingredients :

2	cup	Shelled beans (broad beans or lima beans)
2	tbl	Butter
2	tbl	Water
3	tbl	Olive oil
		Salt and pepper to taste

Method :

- Heat olive oil with 2 tablespoons water. Fry beans until tender. They will quickly absorb water and should be done in 10 to 15 minutes. Before serving, mix in 2 tablespoons butter and season to taste with salt and pepper.

Fried Cauliflower

Yield > 4

Keys : Cauliflower Vegetables Spanish Spain European Mediterranean Spanish

Ingredients :

1	sm	Cauliflower head washed
		and divided into flowerets
3/4	cup	Dry bread crumbs
1	x	Egg beaten with
1	tbl	Milk
1/2	cup	Olive oil
		Salt to taste

Method :

- Cook cauliflower in boiling salted water until tender (10 to 15 minutes). Drain, dip in bread crumbs, then in beaten egg, and again in bread crumbs. Fry until brown in 1/2 cup olive oil heated to the verge of smoking. Drain briefly on paper and serve.

Fried Custard Squares - (Leche Frita)

Yield > 6

Keys : Desserts Spanish Spain European Mediterranean Spanish Hot

Ingredients :

3	cup	Milk
1/2	cup	Cornstarch
6	tbl	Sugar
1	x	Egg beaten
1/2	cup	Dry bread crumbs
2	tbl	Butter
2	tbl	Olive oil
		Cinnamon and sugar for dusting

Method :

- Mix cornstarch, milk, and sugar in pan. Cook over low heat while stirring until very thick (10 to 15 minutes). Pour into cooled flat dish placed over cold water. Allow to solidify in a cool place or in refrigerator for 2 hours.
- Cut into 1 1/2-inch squares with knife dipped in cold water. Dip squares in beaten egg, then in bread crumbs. Fry in 2 tablespoons butter mixed with 2 tablespoons olive oil and heated until it bubbles. Brown squares on both sides, dust them in sugar mixed with a little cinnamon, and serve hot.

Fried Eggplant

Yield > 6

Keys : Eggplant Aubergine Vegetables Spanish Spain European Mediterranean Spanish

Ingredients :

Method :

- Wash and dry eggplants, cut in fine even slices, salt lightly, and leave in a bowl for a few hours.

4	x	young Eggplants - no more than 2" diameter
1	x	beaten Egg optional
		Flour for dusting
1/3	cup	Olive oil (or enough to keep pan covered to a depth of 1/4" throughout frying)
2	tsp	Salt

- Before cooking, dry eggplant thoroughly with a cloth, dust lightly in flour (or first in flour, then in beated egg), and fry in small batches in olive oil heated to the verge of smoking. Turn when brown on one side. Drain briefly on paper and serve at once. The slices should be toast-brown and crisp.
- Comments: Zucchini can be substituted for eggplant in the preceeding recipe. Soaking it in salt is not necessary. Four or five medium zucchini will serve six.

Fried Sugared Bread - (Picatostes)

Yield > 1

Keys : Desserts Snacks Nibbles Spanish Spain European Mediterranean Spanish Hot

Ingredients :

1/2	loaf	of day old, unsliced white bread
1	cup	Milk
1	cup	Water
1/3	cup	Flour
1/2	cup	Olive oil for frying
1	pch	Salt
1/3	cup	Powdered sugar approximately

Method :

- Cut bread in slices 3/4-inch thick. Cut slices lengthwise and crosswise to form cubes. Mix milk, water, and salt in bowl. Soak cubes, drain, and place on cloth or kitchen towel. Keep covered until you are ready to use them.
- Just before serving, dip cubes in flour and fry until golden in very hot olive oil. Sprinkle with powdered sugar and serve piled in a pyramid on a platter.
- Comments: Picatostes are served with hot chocolate for the late afternoon snack known as the merienda. They must be freshly made

Galician Almond Cake - (Tarta De Santiago)

Yield > 1

Keys : Cakes Desserts Nuts Spanish Spain European Mediterranean Spanish

Ingredients :

2	cup	Blanched almonds
3	tbl	Butter
2/3	cup	Sugar
6	x	Eggs
		Grated rind of 1 lemon
1/4	tsp	Powdered cinnamon
1/4	cup	Sugar for topping

Method :

- Preheat oven to 425 degrees. Mix butter with sugar and cinnamon. Separately, beat eggs with grated lemon rind until foamy. Grind almonds to fine paste in electric blender or mortar. Add all but 1/4 cup almonds and beaten eggs to butter and sugar mixture (reserve remaining almonds for topping). Mix only enough to blend well. Pour into 9-inch round cake pan which has been lightly buttered and sprinkled with flour. Bake 25 to 30 minutes in 425 degree oven. Cake is done when a toothpick inserted in the middle comes out clean and cake springs back if pressed with a finger. Invert cake until it cools before removing.
- Place cooled cake on cookie sheet, coat top of cake with the remaining ground almonds and 1/2 cup sugar, and place under broiler until topping forms a light crust. Do not allow sugar to caramelize: it should merely brown and harden slightly. The cake should be coarse-grained and of a rich yellow color.
- This recipe makes a high, round one-layer cake, 9-inches in diameter.

Galician Stuffed Pastry - (Empanada Gallega)

Yield > 10

Keys : Empanadas Spanish Spain European Mediterranean Spanish

Ingredients :

5	cup	Flour
1/2	cup	Butter
2	x	Eggs
1	tsp	Baking powder
1	tsp	Salt
1	cup	Cold water
2/3	cup	Lard
4	med	Onions chopped
		Salt and black pepper to taste
1/2	lb	Chorizo (or pepperoni) sausage
1	lb	Pork
1/2	lb	Cured ham
1/2	lb	Veal
1	pch	Saffron
1	x	Hot chili pepper

Method :

- Put flour on a table or marble slab. Make a hole in the center for the baking powder, butter, salt, water, and eggs. Blend well with hands until it makes a cohesive mass which does not stick to the fingers. Let dough rest in a warm place in a bowl covered with a damp cloth while preparing the filling.
- Heat lard. Fry onion very slowly in large, covered frying pan. Before onion takes on color, add chorizo (or pepperoni), skinned and cut in slices; pork, ham, and veal in small cubes; minced chili pepper, and a pinch of saffron previously ground in a mortar or bowl. Season mixture with salt and ground black pepper. Cover it and cook slowly about 45 minutes or until all meat is tender.
- Preheat oven to 450 degrees. Divide dough in two and roll each part out on lightly floured surface. Lift one piece of rolled dough carefully onto greased baking sheet. Put all the filling on it except for 2 tablespoons of the liquid which should be reserved for later use. Leave a 1/2-inch margin around the edges of the dough. Lift the second piece over the filling, seal by pressing edges together, and brush top of pastry with an egg yolk beaten with 1 tablespoon cold water and a stigma of crushed saffron. Make an air hole the thickness of a pencil in the middle of the dough. Bake pastry approximately 15 minutes in a 450 degree oven. When it is browned, remove it, and pour through the air hole the 2 tablespoons of liquid reserved.

		(or a pinch of cayenne pepper)
1	x	Egg yolk, (mixed with 1 tablespoon water and 1 stigma saffron)

Galician Tomatoes Stuffed with Shellfish

Yield > 6

Keys : Clams Mussels Shrimp Seafood Spanish Spain European Mediterranean Spanish

Ingredients :

		(Tomates Rellenos Ria De Arosa)
12	med	Tomatoes, ripe, firm
		(and as equal in size as possible)
18	x	Prawns or large shrimp cleaned and deveined
3	doz	Small clams cleaned
2	lrg	Onions chopped
1/4	cup	Dry white wine
1/2	cup	Olive oil a scant 1/2 cup
1	x	Bay leaf
1/8	tsp	Oregano
1/8	tsp	Thyme
1/4	cup	Cognac
1	x	Egg
1	tbl	Dry bread crumbs
1	tbl	Grated cheese
1	sprg	Parsley chopped fine
		Salt and pepper to taste

Method :

- Wash and dry tomatoes. Cut a small lid from the top of each; scoop out tomato pulp and save it for later use. Remove heads and peel from shrimp. Crush heads and peel in mortar. Cut shrimp in small pieces and sprinkle lightly with salt. Put cleaned clams in saucepan with 1/4 cup white wine and let them steam open over moderate heat. When opened, remove them from fire, discard shells, and put clams aside, saving the liquid in which they cooked.
- Heat 3 tablespoons olive oil in a frying pan or earthenware casserole and slowly brown chopped onion with bay leaf, oregano, and thyme. When onion begins to turn golden, add tomato pulp and crushed heads and peel of shrimp. Let sauce reduce on very hot fire until tomato juice has evaporated, leaving a thick sauce. Pass sauce through sieve and set aside.
- Heat 2 tablespoons olive oil in a frying pan. Fry chopped shrimp briefly over hot fire. Almost at once, add the shelled clams and 1/4 cup cognac, warmed in advance. Light cognac and let it burn. As soon as the alcohol has evaporated, mix in tomato sauce and a little of the liquid in which the clams cooked. (Pour with care to avoid getting sand into dish.) Let the sauce reduce on a hot fire until there is very little liquid. Remove from fire, season with salt and pepper, let it cool a moment, then rapidly blend in a beaten egg. (All of the forgoing can be prepared hours in advance.)
- Twenty minutes before serving, preheat oven to 400 degrees, place tomatoes on an ovenproof serving dish with sides, put a little salt inside each tomato, and fill it with the shellfish mixture. Blend dry bread crumbs, cheese, and chopped parsley. Sprinkle over tops of tomatoes. Pour remaining olive oil over tomatoes and place them in the upper part of 400 degree oven. Bake until warmed through and browned on top. Just before serving, baste with sauce formed during baking.

Gallina De Cornuallo Al Ajillo

Yield > 8 Servings

Keys : Poultry Spanish Spain European Mediterranean

Ingredients :

8	x	Cornish Game Hens

Method :

- (Cornish Game Hen Al Ajillo)
- 1. Split the Cornish Hens into a butterfly shape, spreading the sides apart and taking the hackbone off.

1	tsp	Garlic Salt
1	tsp	White Pepper
1	tsp	Meat Seasoning
1	tsp	Coriander
3/4	cup	Unsalted Butter
2	tbl	Garlic, chopped
1/4	cup	Almond Slices
3/4	cup	Red Peppers, julienned
3/4	cup	Green Peppers, julienned

- 2. Crush the Coriander Seeds and mix with the Garlic Salt, Pepper and Meat Seasoning.
- Rub the mixture into the Game Hens and roast them in a pre-heated 450 degree oven for 20 minutes. Take the Game Hens out of the oven and remove the Rib Bones.
- 3. Melt half of the Butter and saute the chopped fresh Garlic until a light yellow color.
- 4. In another pan melt the remainder of the Butter and saute the Almond slices until golden. Add the julienne sliced Green and Red Bell Peppers and saute for 3 minutes.
- 5. Serve the roasted butterflied Cornish Game Hens on a warm dinner plate, spooning over the hot Garlic Butter. Garnish wiih the sauteed Green and Red Peppers with Almonds.

Garden Wild Rice Salad

Yield > 50 Servings

Keys : Salads Rice Spanish Spain European Mediterranean

Ingredients :

1	pkt	UNCLE BEN'S Long Grain & Wild Rice Blend (36 oz)
3	qt	Water
1/4	cup	Margarine or butter
1 1/2	cup	Cooking oil
1	cup	Lemon juice
3	cup	Tomatoes, fresh, diced
1 1/2	cup	Green pepper, diced
1 1/2	cup	Cucumber, pared and diced

Method :

- 1. Cook rice in water with margarine or butter according to package instructions, for 20 minutes.
- 2. Transfer rice and remaining liquid to shallow pan, cover and chill.
- 3. Fold in remaining ingredients. Chill before serving. Measurements and timing are designed only for Uncle Ben's Fast Cooking Rice Pilaf, Original Rice Pilaf, Fast Cooking Spanish Rice, Long Grain & Wild Rice Blend, and CONVERTED Brand Rice

1	cup	Parsley, fresh, finely chopped

Garlic Aioli

Yield > 1

Keys : Condiments Spanish Spain European Mediterranean

Ingredients :

8	x	Garlic cloves peeled
1/2	tsp	Salt
2	x	Egg yolks
1	tsp	Red wine vinegar
		Juice of 1/2 lemon
1	cup	Olive oil

Method :

- Mash the garlic with the salt, and combine with the egg yolks, vinegar, and lemon juice in a bowl. Blend with a whisk. Gradually add oil, a drop at a time, whisking constantly. As mixture begins to thicken and look like mayonnaise, add oil more generously. Adjust seasonings and store in refrigerator until ready to use.
- This recipe yields 1 1/2 cups.

Garlic Shrimp - (Gambas Al Ajillo)

Yield > 1

Keys : Shrimp Seafood Spanish Spain European Mediterranean Spanish Hot

Ingredients :

12	sm	Shrimp cleaned and deveined
2	tbl	Olive oil
3	x	Garlic cloves
		A small piece of hot chili pepper
		(or a pinch of cayenne)
1/2	x	Bay leaf
		A squirt of lemon
		A spoonful of All-I-Oli sauce see * Note
		A sprinkling of celery salt

Method :

- Brown three garlic cloves in two tablespoons olive oil. Add chili pepper (or cayenne) and bay leaf. Put in the shrimp, turn once to brown both sides, add a spoonful of all-i-oli, squirt lightly with lemon juice, sprinkle with celery salt, and serve sizzling hot. The all-i-oli should remain intact or almost intact, the shrimp should be brown and slightly crusty, and the garlic cloves should remain whole. Small shrimp cook in a few minutes; take care not to overcook.
- Those who find chili pepper or cayenne too potent can omit it and grind black pepper over shrimp just before serving.
- Comments: At the Gayango restaurant in Madrid, which provided the above recipe, each portion is served in a small earthenware casserole about 4 inches in diameter. The above amounts are for each such casserole. The number of shrimp depends on the size of the shrimp. The dish can also be made in one large, flat casserole; simply multiply the recipe by the number of people to be served.

Garlic Soup with Egg - (Sopa De Ajo Al Huevo)

Yield > 4

Keys : Soups Stews Spanish Spain European Mediterranean Spanish

Ingredients :

6	slc	Whole-wheat bread paper-thin slices
2	x	Garlic cloves
5	tbl	Olive oil
1	tsp	Paprika
4 1/2	cup	Meat or chicken stock
		(or canned beef or chicken bouillon)
2	x	Eggs
		Salt and pepper to taste

Method :

- This soup is best made in a flat earthenware casserole about 8-inches in diameter, but you can make it in any dish that has a fairly large frying surface and can be put in the oven.
- Preheat oven to 450 degrees. Heat olive oil until it smokes, let it cool slightly, and fry whole garlic cloves gently. Discard when browned. Fry the bread until browned, remove casserole from fire to stir in paprika, pour in preheated bouillon or stock, and return to fire. Break up bread when soft, season to taste with salt and pepper, and cook slowly, covered, 15 to 20 minutes.
- A few minutes before serving, beat eggs with a little salt, spread them over the surface of the soup, and put the uncovered dish in the oven until a brown crust forms on top.
- Comments: For a variation, instead of making the oven crust, poach one egg per person in the soup. (It is easiest to avoid breaking the yolk if you break the egg into a saucer and slide it from the saucer into the soup.) You can also beat two eggs with a little salt and stir them into the soup. This is the way preferred in Madrid.

Garlic Soup with Fish Stock - (Sopa De Ajo Al Pescado)

Yield > 4

Keys : Soups Stews Spanish Spain European Mediterranean Spanish

Ingredients :

6	slc	Whole-wheat bread paper-thin slices
2	x	Garlic cloves
5	tbl	Olive oil
4 1/2	cup	White fish stock
1	tsp	Paprika
		Salt to taste

Method :

- Heat fish stock in a pan. In a skillet or earthenware casserole, fry garlic cloves slowly in heated olive oil; when they are browned, discard them. Fry the bread slices until browned, adding oil if necessary. Remove pan from fire to stir in the paprika; pour on boiling fish stock and return to fire. Break up the bread with a spoon when it softens. Salt to taste. Cover and cook over low fire 15 to 20 minutes. Serve in large soup bowls.
- Comments: This soup is even better if you have bits of white fish and slices of shellfish from the fish stock or from a previously made fish dish. If you have a quantity of fish to add, omit two of the bread slices. Add the cooked fish and shellfish during the last 5 minutes so that they have time to heat through, but do not cook long enough to fall apart.

Gaspacho - (Chilled Spanish Soup)

Yield > 6

Keys : Low Fat Soups Stews Spanish Spain European Mediterranean Cold

Ingredients :

2	lrg	tomatoes chopped
1	lrg	green or red bell pepper chopped
1	x	clove garlic minced
2	tbl	chopped chili peppers
1	cup	diced peeled seeded cucumber
1	x	Spanish onion thinly sliced
2	x	scallions cut 1" pieces
1	tsp	dried dill
2	tbl	chopped fresh cilantro
3	tbl	lime juice
1	cup	vegetable juice
2	cup	water
		Freshly-ground black pepper to taste

Method :

- Place all chopped, sliced and diced vegetables into a large bowl. Add dill and cilantro. Stir in lime juice, vegetable juice and water. Chill for 4 to 6 hours or over night. Serve cold.
- This recipe yields six 1 cup servings.
- NOTES : Diabetics or those on calorie-controlled diets may count one serving as: 2 vegetables.

Gazpacho

Yield > 1 Servings

Keys : Soup Spanish Spain European Mediterranean

Ingredients :

2	x	(or more) large cored very
		Ripe tomatoes
1	x	(or more) medium cucumber
		(doesn't need to be peeled
		Unless heavily Waxed)
1/2	x	(or more) large green
		Pepper
1	x	(or more) large onion
3	x	(or more) cloves of garlic
1	x	Heaping TBSP shrimp and crab
		Boil
1	tsp	Cumin
1	x	Scant tsp. salt
		ds Or two of Chinese hot oil
		(opt)
		V-8 or tomato juice to fill
		Pitcher (minimum of a cup)
		Any additional veggies
		Or spices or herbs you
		Want--i e. cilantro :d

Method :

- Semi-puree the veggies. I usually use a Bamix, because they are chunkier that way. However, for the picnic I used a blender since I was making a bigger quantity. Add all the other stuff and mix and refrigerate over night. That's it. No fat (other than the hot oil), no animal products, lots of vitamins and fiber. :)

Gazpacho of Madrid - (Gazpacho

Madrileno)

Yield > 4

Keys : Gazpacho Spanish Spain European Mediterranean Spanish

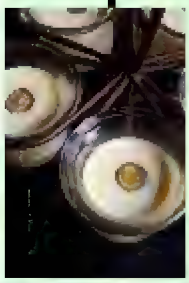
Ingredients :

3	x	Green peppers seeded and sliced
2	med	Tomatoes, red ripe coarsely chopped
2	med	Tomatoes, red ripe cubed
1	x	Garlic clove peeled
5	tbl	Olive oil
3 1/2	cup	Ice water
1	x	Cucumber
2	slc	Day-old white bread cut in cubes
2	tbl	Wine vinegar
1/4	tsp	Cumin seed
		Salt to taste

Method :

- If you use a mortar, crush garlic with two of the peppers, a little salt, and the cumin seed. Add the coarsely chopped tomatoes and mix well. Gradually add olive oil. Mix in 1/2 cup ice water when the olive oil is completely absorbed. Pass through a sieve into a deep recipient. Stir in 3 cups ice water, season with salt to taste. Serve in individual bowls topped with slices of peeled cucumber, the remaining pepper slices, the cubed tomatoes, and the cubed bread. Stir in vinegar just before serving.
- If you use an electric blender, mix garlic, pepper, salt, cumin seed, coarsely chopped tomatoes, olive oil, and 1/2 cup ice water simultaneously for a few seconds on low speed. Proceed as directed above.

Gazpacho Blanco - (Spanish)



Yield > 4

Keys : Soups Stews Spanish Spain European Mediterranean

Ingredients :

Method :

- Puree the grapes in a blender, then strain out the skins and return the juice to the blender.

1	lb	seedless white grapes stemmed
3	x	cucumbers seeded and chopped
1	x	shallot chopped
1	x	garlic clove minced
2	cup	yoghurt (low fat is fine)
1/4	tsp	salt
1/4	tsp	freshly-ground white pepper
		Hot pepper sauce - (abt 8 drops) to taste
GARNISH		
		White seedless grapes halved
		Sliced almonds toasted

- Add the cucumber, shallot, and garlic, and puree. Blend in the yoghurt. Season with salt, pepper, and hot pepper sauce. Refrigerate until cold. Serve when ready.
- Serve to 4 to 6 people as a first course.
- Comments: Cool, bracing, and many layered - with the sweet fruitiness of the grapes balanced by the savory vegetables and cooled by the yoghurt. Then there's that little earthy bit of toasted almond garnish that just sets the whole thing off. A really nice, palate-cleansing cold soup.

Golden Spanish Rice and Vegetables

Yield > 6

Keys : Rice Grains Spanish Spain European Mediterranean Hot Room

Ingredients :

1	pkt	yellow rice with seasoning - (10 oz) see * Note
2	tbl	olive oil
1	lrg	onion chopped
1	lrg	green bell pepper seeded, diced

Method :

- * Note: Yellow rice is sold in packages in the ethnic foods section of supermarkets. If you can't find it, substitute regular long-grain white rice cooked with a pinch of saffron or turmeric to turn it yellow.
- Prepare rice according to package directions, set aside.
- In a large skillet, heat oil over medium-high heat. Add onion, bell pepper, and garlic, cook 3 minutes, or until softened. Add tomatoes, artichokes, and peas, cover and cook

3	x	garlic cloves minced
1	can	diced tomatoes with garlic and onion (14 1/2 oz)
1	pkt	frozen artichoke hearts - (8 to 10 oz) thawed
1	cup	frozen green peas
1	tsp	tomato paste

3 minutes.

- Stir in the prepared rice and tomato paste, cook 4 minutes, or until the artichokes are cooked through, stirring occasionally.
- This recipe yields 6 servings.
- Comments: This looks and tastes like a real Spanish paella - minus the hard work. If you'd like a heartier dish, just stir in a pound of cooked shrimp or a cup or two of cooked diced ham.
- Do-Ahead Tip: You can make this 2 days ahead and refrigerate. To reheat, place in a saucepan, sprinkle lightly with water, and warm over low heat. Or place in a loosely covered baking dish and reheat in a preheated 300 degree oven or the microwave. Serve hot or at room temperature.

Green and Red Pepper Tapas

Yield > 4 Servings

Keys : Appetizers Vegetables Spanish Spain European Mediterranean Cold Warm

Ingredients :

2	lrg	Green bell peppers
2	lrg	Red bell peppers
1/4	cup	Olive oil
6	x	Garlic cloves, sliced

Method :

- Preheat oven to 400F.
- Roast the peppers on a baking sheet for 15 minutes. Turn them over & bake them for another 10 minutes. Remove from the oven & wrap them separately in a paper bag. Set aside to cool.
- When cool enough to handle, peel the skin off each pepper & remove the seeds. Slice into 1 cm strips.
- Heat the oil in a skillet over low heat. Add the garlic slices. When it is golden brown, add the pepper strips. Saute for 5 to 7 minutes, shaking the skillet occasionally. Serve warm or cold with sangria.
- VARIATION: Replace the red bell peppers with orange bell peppers.

Green Beans in Tomato Sauce

Yield > 4

Keys : Green Beans Vegetables Spanish Spain European Mediterranean Spanish

Ingredients :

2	lb	Green beans cooked
2	med	Tomatoes peeled and chopped
1	sm	Onion chopped
1	tbl	Chopped parsley
2	tbl	Olive oil
		Salt and pepper to taste

Method :

- Fry onion in 2 tablespoons olive oil over moderate fire until onion is soft and yellow but not brown. Fry tomato until liquid evaporates and sauce thickens. Add salt and pepper to taste, parsley, and well-drained cooked beans. Cook 3 to 4 minutes longer, stirring occasionally.

Grilled Knob Onions with Romesco Sauce

Yield > 4

Keys : Appetizers Onions Side Dish Spanish Spain European Mediterranean

Ingredients :

1	x	Sweet dried red romesco pepper
		(or substitute a roasted red bell pepper)
1	slc	Bread toasted
10	x	Blanched almonds toasted
		Salt to taste
		Freshly-ground black pepper to taste
4	x	Garlic cloves peeled
1	x	Tomato peeled, seeded,
		and chopped
1/3	cup	Olive oil
1	tbl	Warm water - (to 2 tbspns)
12	knob	onions, or calcots - (to 16)

Method :

- Prepare the romesco sauce: If using a dried pepper, remove the stem and seeds from the pepper and soak in warm water for 1 hour, or until softened. Scrape off the flesh and discard skin. If using a roasted pepper, remove the charred skin, stem, and seeds, and chop. Set aside.
- In a food processor, finely chop the bread and almonds. Add the salt, pepper, garlic, tomato and reserved flesh of the pepper. Process to a smooth paste. With the motor running, add the olive oil in a thin stream, until mixture is the consistency of a thick, creamy sauce. Add the warm water as needed to help thin the sauce if necessary. Adjust the seasonings, transfer to a bowl and set aside at room temperature or chill until ready to serve.
- Preheat a grill or broiler, and preheat an oven to 400 degrees.
- Trim the roots off the onions and spread them over the grill. Grill the onions until charred all over but not dried out, turning frequently. Transfer the onions to a large roasting pan, cover tightly and roast in the oven for 20 to 25 minutes.
- Serve the onions steaming hot, strip back the charred outer skin, dip the onions in the romesco sauce, eat the white bottoms and discard the top.
- This recipe yields 4 to 6 servings.

Grilled Marinated Skirt Steak

Yield > 6 Servings

Keys : Main Dish Meats Spanish Spain European Mediterranean

Ingredients :

1/2	cup	Cumin seeds
4	x	Jalapeno peppers, halved and seeded
3	x	Cloves garlic
4	tsp	Cracked black pepper
1 1/2	tsp	Salt
1/3	cup	Lime juice (from about 4 limes)
2	cup	Coarsely chopped cilantro leaves and stems
1	cup	Olive oil
3	lb	Skirt steak, trimmed of excess fat and cut into 6 pieces
		Avocado Corn Relish
12	x	Flour tortillas, heated

Method :

- 1. In a small, heavy frying pan, toast the cumin seeds over moderately high heat, shaking the pan, until fragrant, about 30 seconds. Transfer the cumin seeds to a blender.
- 2. Add the jalapenos, garlic, black pepper and salt to the blender and puree with the lime juice until the cumin seeds are finely ground. Then add the cilantro and oil and puree until smooth.
- 3. Rub the meat all over with some of the marinade and roll each piece into a cylinder. Arrange the meat in a shallow glass dish or stainless-steel pan. Pour the remaining marinade over the meat. Cover and marinate in the refrigerator for 24 to 48 hours. About 30 minutes before cooking, remove the meat from the refrigerator and unroll each steak.
- 4. Light the grill or heat the broiler. Grill or broil the steaks for 3 minutes. Turn the meat and cook to your taste, about 3 to 4 minutes longer for medium-rare. Transfer to a carving board and let rest in a warm spot for 5 minutes. Slice the steaks across the grain and on the diagonal. The slices should be about 1/4 inch thick. Serve with the Avocado Corn Relish and warm flour tortillas.
- Look for a robust red wine that won't be overwhelmed by the strong Southwestern flavors of this marinated steak with its spicy relish. Try a recent bottling of garnacha from Spain.

Grilled Rabbit

Yield > 6

Keys : Rabbit Game Meats Spanish Spain European Mediterranean Spanish

Ingredients :

2	whl	Rabbits cleaned and dressed
1/2	cup	White wine
2	x	All-I-Oli With Mustard see * Note

Method :

- Rinse inside of rabbit with white wine. Brush rabbit liberally with all-i-oli sauce. In Catalonia, the rabbit is sometimes speared in spreadeagle position on sticks and braced on stones over a campfire of rosemary bush, but it can also be put on a hot grill over glowing coals or wood embers. Turn at least twice during cooking and baste with all-i-oli often enough to keep rabbit moist. Serve with remaining sauce in which pieces of rabbit are dipped as they are eaten.

Grilled Spanish-Style Snapper, Tomato and Green Olive Salsa

Yield > 4

Keys : Fish Ocean Main Dish Seafood Spanish Spain European Mediterranean

Ingredients :

4	x	portions red snapper fillet - (8 oz ea)
		Extra-virgin olive oil for drizzling
1 1/2	tsp	cumin
1 1/2	tsp	sweet paprika
1	tsp	coarse salt
1	tsp	freshly-ground black pepper
1	tsp	coriander
TOMATOES AND GREEN OLIVE SALSA		
3	x	plum tomatoes seeded, chopped
		A handful cilantro leaves finely chopped
		(flat-leaf parsley may be substituted)
1/2	sm	red onion chopped
12	lrg	green olives cracked away from
		pits and coarsely chopped
1	x	lime juiced
1	tsp	crushed red pepper flakes
SERVING SUGGESTION		
		Green Beans With Toasted Almonds (see recipe)
		Sunset Sangria (see recipe)

Method :

- Preheat grill pan or indoor electric grill to medium-high heat. Drizzle snapper with extra-virgin olive oil. Combine spices in a small bowl. Rub fish with spice mixture. Cook fish 5 minutes skin-side down first. Turn fish and cook 5 to 6 minutes longer.
- Combine salsa ingredients in a small bowl and allow it to marinate until ready to serve.
- To serve, plate spiced snapper with a generous serving of salsa. Sangria makes a wonderful beverage for this meal.
- This recipe yields 4 servings.

Hake in Almond Sauce - (Merluza a La Marinera)

Yield > 6

Keys : Fish Ocean Seafood Nuts Spanish Spain European Mediterranean Spanish

Ingredients :

6	slc	Hake center slices
		(or haddock or other white fish)
1	sm	Onion minced
1	med	Tomato peeled and chopped
4	tbl	Olive oil
16	x	Toasted almonds peeled
1	piece	Center of a slice of white bread approx 3" by 3"
4	x	Garlic cloves peeled
		Fresh parsley several sprigs
		Salt to taste

Method :

- Heat olive oil in a large frying pan or flat casserole. Fry minced onion until golden. Brown bread and remove it. Add peeled and chopped tomato. While tomato fries gently with the onion until the liquid evaporates, bring the fish slices to a boil in a separate pan with enough water to cover. As soon as the water begins to boil, lower heat and simmer slowly until fish is cooked through. (Hake will take 5 minutes or less to cook.) Remove fish to a plate and reserve the liquid.
- In a mortar or electric blender, crush and mix the almonds, fried bread, garlic cloves, and parsley. (If you use a blender, add a few tablespoons of water.) When the paste is well blended, stir it into the tomato and onion mixture. Pour in enough water from the cooking of the fish to thin the sauce and increase the quantity. Stir sauce, salt to taste, put fish in casserole, and boil sauce gently for 2 minutes while spooning the liquid over the fish. Serve immediately.
- Comments: The recipe for this classic Catalan dish comes from the Restaurante Pi in Vendrell (Tarragona).

Hake in Rich Sauce - (Merluza a Lo Jaizkibel)

Yield > 2

Keys : Clams Mussels Fish Ocean Seafood Spanish Spain European Mediterranean Spanish

Ingredients :

4	piece	serving-size of Fillet of hake
		(or other white fish)
8	x	Clams cleaned
2	tbl	Olive oil
2	med	Garlic cloves peeled
1	tbl	Flour heaping tbsp
1	tbl	Chopped parsley rounded tbsp
1/4	cup	Dry white wine
2	tbl	Green peas - canned or precooked heaping tbsps
4	x	canned White asparagus tips
1	tbl	Juice from canned asparagus
1	x	Egg yolk
		Salt to taste
1/2	cup	Water

Method :

- Heat olive oil in a flat earthenware casserole. Crush and mince garlic cloves. Fry slowly in the barely heated oil. When they take on color, add the flour, parsley, and hake, in that order. Jiggle the casserole to mix. In another receptacle, open eight clams in 1/2 cup water over a hot fire. As soon as the clams have opened, turn the hake over, sprinkle it with white wine, remove a shell from each clam, and add the clams to the casserole with about a tablespoon of the water in which the clams cooked. Jiggle and shake the casserole to blend. Add the peas and asparagus tips. Season with salt and shake the casserole to blend.
- When the sauce has taken on the consistency of a cream sauce, put the yolk of an egg in a cup, add to it 1 tablespoon of the juice from the can of asparagus, and mix it with a fork. Remove casserole from fire. Empty contents of cup over casserole and immediately lift casserole and swirl and shake it from side to side to blend the egg yolk with the sauce quickly. The dish is now ready to serve.
- Comments:
This recipe is the creation of Senor Candido Tojal Varela, chef of the restaurant of the Hotel San Sebastian in the town of the same name. Because it is both simple and rich, the dish, which won the chef a prize in the First Gastronomic Competition of the Province of Guipuzcoa, should become one of the classics of the Basque cuisine. The proportions in the recipe are for two people; a double recipe for four would be best made simultaneously in two casseroles of equal size.

Hake with Parsley and Peas - (Merluza En Salsa Verde)

Yield > 2

Keys : Fish Ocean Clams Mussels Seafood Herbs Spanish Spain European Mediterranean Spanish

Ingredients :

2	tbl	Olive oil
2	med	Garlic cloves minced
2	slc	Hake, 3/4-inch thick
		(or other white fish)
14	sm	clams cleaned
1	tbl	Flour
1	pch	Salt
3	tbl	Green peas - canned or precooked (heaping tbsps)

Method :

- Heat oil in a flat earthenware casserole. Fry the minced garlic cloves slowly. Flatten fish slices to 1/2-inch thickness. Add them when garlic has browned slightly; be certain oil is barely sizzling when fish is added. Sprinkle salt and flour over casserole and jiggle casserole to blend. Turn fish over. Add raw clams, sprinkle with peas, place asparagus stalks in threes on opposite sides of the dish. Put halves of hard-boiled egg opposite each other. Pour in 2 tablespoons water. Shake casserole gently to blend sauce. Cover dish and cook 15 to 20 minutes or until fish is just tender on a low fire, shaking casserole from time to time. Just before serving, sprinkle with chopped parsley.

6	x	White asparagus tips - canned or precooked
1	x	Hard-boiled egg halved lengthwise
2	tbl	Water
1	tbl	Chopped parsley heaping tbsp

Hake with Shrimp - (Merluza a Lo Vasco)

Yield > 4

Keys : Fish Ocean Shrimp Seafood Spanish Spain European Mediterranean Spanish

Ingredients :

4	slc	Hake thick center slices
2	doz	very small Shrimp cleaned and peeled
4	sm	Potatoes peeled
4	med	Garlic cloves peeled
4	piece	Dried chili pepper small pieces
		(or a pinch of powdered cayenne) (either optional)
		handful Chopped parsley
3	tbl	Olive oil
1/2	cup	Dry white wine
4	tsp	Sherry
1/4	cup	Meat stock or beef bouillon
8	x	White asparagus tips - cooked or canned
		Salt to taste

Method :

- Heat olive oil in a flat earthenware casserole. Crush and mince garlic cloves. Fry over moderate heat until golden brown. Regulate heat so that oil is barely simmering before adding potatoes. These are cut in small, thin slices (rather shavings than slices) and spread over the bottom of the casserole. Immediately put in the chili pepper or cayenne, the parsley, fish slices, and shrimp. Jiggle the casserole to mix. Cook for 1 minute. Add wine, sherry, bouillon or stock, asparagus stalks, and salt to taste. Jiggle and swirl the casserole to mix. Within a few minutes, the bone in the middle of the fish steak will be loose, indicating that fish is done and the dish is ready to serve.

Halibut Braised in Spanish Pepper Sauce (Light)

Yield > 4 Servings

Keys : Fish Seafood Low Calorie Fat Free Diet Spanish Spain European Mediterranean

Ingredients :

1	tbl	Olive oil

Method :

- 1. In a large (10- to 12-inch) skillet, heat the olive oil over medium heat. Add the onion, garlic, bell peppers and carrot. Cover the pan and cook 10 minutes, stirring

1	cup	Onion, finely chopped
1	x	Clove garlic, minced
1	sm	Red bell pepper, finely chopped
1	sm	Green bell pepper, finely chopped
1	sm	Carrot, finely chopped
2	slc	Prosciutto, finely chopped
1	can	(16-oz) diced tomatoes, undrained
1	x	Bay leaf
2	tbl	Red wine vinegar
3/4	tsp	Paprika
1/4	tsp	Hot pepper sauce
1/4	tsp	Salt
		Freshly ground black pepper, to taste
1 1/3	lb	Halibut fillet, cut in 4 pieces
1	tbl	Lemon juice

occasionally.

- 2. Stir in the chopped prosciutto, tomatoes, bay leaf, vinegar, paprika, hot pepper sauce, salt and pepper. Simmer, uncovered, 5 minutes.
- 3. Place the halibut pieces in the pan, spoon some of the sauce over. Cover the pan and cook 12 minutes per inch of thickness, or until the fish tests done.
- 4. Sprinkle the dish with lemon juice and serve.
- Morash.

Ham-Filled Mushroom Caps

Yield > 4 Servings

Keys : Mushrooms Spanish Spain European Mediterranean

Ingredients :

3	tbl	Cured ham, finely diced
2	cl	Garlic, minced
2	tbl	Parsley, minced
1/2	x	Dried red chili pepper, seed
1/4	tsp	crushed red pep

Method :

- In a bowl mix together the ham, garlic, parsley, chili pepper, and olive oil. Fill the mushroom caps with this mixture, arrange in a baking dish
- [may be prepared ahead], and bake at 350 F for 15 minutes. (Champinones Rellenos De Jamon).
- Casas. Fat grams per serving: Approx.
- Cook Time:

15

12	med	mushroom caps, brushe

Ham Pastries - (Empanadillas De Jamon)

Yield > 1

Keys : Appetizers Tapas Spanish Spain European Mediterranean Spanish

Ingredients :

1	x	thick slice Cured or smoked ham cut 40 bite-size pcs
1	x	Egg yolk raw
EMPANADILLA DOUGH		
1 1/2	cup	Flour
1	x	Egg
2	tbl	Milk
2	tbl	Olive oil
1	tsp	Baking powder
1	tsp	Salt

Method :

- Put flour on a board or marble slab, make a hole in the center, add all the ingredients in the hole, and mix well with fingers. Roll into a ball and cover with a damp cloth. The dough must rest for 15 minutes before use; it can be kept in a cool place for 24 hours.
- Preheat oven to 400 degrees. Divide dough in two. Roll out half; place ham pieces on rolled dough, pressing them down slightly. Roll out other half of dough and put it over the ham. Using a cookie cutter or a thin edged glass, cut out a circle around each ham piece large enough to leave a margin of dough around the ham. Pinch the edges of the two halves together, brush tops with beaten egg yolk diluted in a little water, prick pastries with a fork, bake in a 400 degree oven 15 to 20 minutes or until browned.
- Comments: Little coctail pastries are excellent made with any leftover, unsweetened dough. Fresh dough does not take long to prepare and can be mixed the day before if you wish. For that matter, the pastries can be baked hours in advance. Best hot or warmed over in a moderate oven, they are also good cold.
- This recipe makes enough dough for about forty bite-size pastries.

Hamburger Spanish Rice

Yield > 4 Servings

Keys : Hamburger Spanish Spain European Mediterranean

Ingredients :

1	lb	Lean ground beef
1	med	Onion, chopped
1/2	med	Green pepper, chopped
1	cup	Uncooked instant rice
1	can	Tomato sauce (15 oz)
3/4	cup	Hot water
1	tsp	Prepared mustard
1	tsp	Worcestershire sauce
1	tsp	Salt
1	tsp	Sugar

Method :

- In a skillet, brown beef, onion, green pepper and rice. Add remaining ingredients, mix well. Bring to boil. Reduce heat, cover and simmer 20 to 25 minutes or until the rice is tender. SERVES 4 TO 6.

Hot 'N Spicy Chicken Soft Tacos

Yield > 4 Servings

Keys : Poultry Spices Mexican Mexico Mex Central American Spanish Spain European Mediterranean

Ingredients :

1 1/2	lb	Skinless, boneless chicken breasts
		(cut in strips, no more than 1/4" wide)
1	whl	med. size white onion, cut into strips or diced
2	tbl	Red chile powder
1	tsp	Curry powder
1/2	tsp	Ground cumin (optional)
1	x	Pressed garlic clove (or 3/4 tsp. garlic powder)
1	tsp	Salt (salt to taste if desired)
1	tsp	Lemon and pepper, or 1 tsp. grated lemon peel (optional)
3/4	cup	Water (or wine)
2	tbl	Olive oil
1	tbl	Vegetable oil

Method :

- Recommended Fillings & Wrapper: Flour Tortillas, Cheddar Cheese, Tomatoes Lettuce, Onion, Salsa.
- Preparation: In glass or stainless steel bowl combine all ingredients except olive oil and vegetable oil. Mix thoroughly to spread spices over chicken, water should be completely absorbed, refrigerate for 1 hour. After refrigeration add Olive oil, and stir until chicken is well coated with oil, spice aromas will be noticeably lighter.
- Heat Vegetable oil in non-stick pan, and add mixture, frying on medium heat. Cover until water has separated from chicken, and is boiling.
- Leave uncovered, on low heat, to simmer until almost all water has evaporated. Total cook time is less than ten minutes, do not overcook.
- Place prepared mixture in center of flour tortillas, add cheese and other fillings as desired (suggestions above). Fold in half, or roll like burrito. Top with beans or spanish rice.
- Serves 4-6.
- Jeff's Spanish Cuisine

Hot, Sweet, and Sticky Chicken Wings

Yield > 6

Keys : Bbq Barbequed Barbecued Appetizers Chicken Grilling Poultry Spanish Spain European Mediterranean Warm

Ingredients :

MARINADE		
1/2	cup	ketchup
1/4	cup	balsamic vinegar
2	tbl	dark brown sugar
4	tsp	granulated garlic
4	tsp	Worcestershire sauce
3	tsp	Tabasco sauce
2	tsp	Dijon mustard
2	tsp	paprika
2	tsp	chili powder
THE WINGS		
20	x	chicken wings wing tips removed
		Extra-virgin olive oil as needed

Method :

- To make the Marinade: In a medium bowl whisk together the marinade ingredients.
- Rinse the chicken wings under cold water and pat dry with paper towels. Place in a large, resealable plastic bag and pour in the marinade. Press the air out of the bag and seal tightly. Turn the bag to distribute the marinade, place in a bowl, and refrigerate for 4 to 6 hours, turning occasionally.
- Remove the wings from the bag and discard the marinade. Lightly brush or spray the wings with olive oil. Sear over Direct Medium heat until well marked, 4 to 6 minutes, turning once halfway through searing time. Continue grilling over Indirect Medium heat until the meat is no longer pink at the bone, 8 to 10 minutes. Serve warm.
- This recipe yields 6 to 8 servings.
- Wine Recommendation: This fun dish incorporates the spirit of backyard grilling - simple finger foods whose flavors are kicked up by searing heat, sweetness, and spice - so it needs an elegant counterpoint. Refresh that spirit and cleanse your palate with the bubbles of a sparkling Cava from Spain.
- Beer Recommendation: India Pale Ale, with its hoppy bitterness, is just the contrast you need to both cleanse the palate and unify the complex and competing flavors of this dish. Cheers!

- Comments: The perfect snack to whet that picnic appetite, this one covers all the taste bud zones.

Herb-Roasted Marinated Pork Loin

Yield > 10

Keys : Main Dish Pork Meats Herbs Fillet Tenderloin Sirloin Loin Porterhouse Spanish Spain European Mediterranean

Ingredients :

4	x	garlic cloves
1	tbl	pimenton, part sweet, part bittersweet see * Note
1	tbl	fresh oregano leaves
1/2	tsp	freshly-ground black pepper
		Crumbled dried thyme to taste
		Crumbled dried rosemary to taste
1	tsp	salt
1	tbl	olive oil
1/2	cup	sherry vinegar or other wine vinegar
3	lb	boned pork loin

Method :

- * Note: Spanish pimenton comes in three flavors-dulce (sweet), agridulce (bittersweet) and picante (spicy hot). Each is made from a different subspecies of pepper. Sweet pimenton, smoked or unsmoked, is the most versatile, while the bittersweet adds an interesting complexity to a dish. The spicy-hot is packed with flavor and really not at all fiery to most palates. Substitute Spanish pimenton in any recipe calling for paprika.
- Puree the garlic, pimenton, oregano, pepper, a dash of thyme and rosemary, salt, oil and vinegar in a blender container until it is smooth. Place the pork in a non-aluminum bowl and rub the marinade into it. Cover it and refrigerate 24 to 48 hours, turning the meat several times. (An adobo marinade traditionally was used for preserving uncooked meat or fish. Pimenton is an excellent preservative)
- Heat oven to 350 degrees. Drain the meat and place it in a roasting pan. Roast uncovered to an internal temperature of 165 degrees, about 1 hour, depending on the thickness of the meat. If you don't have a thermometer, test the meat after 1 hour by cutting into the center. The meat should be juicy and only slightly pink in the center. If it is still red, roast it another 15 to 20 minutes.
- Remove the meat from the oven and cover it loosely with foil for 10 minutes before slicing.
- This recipe yields 8 to 10 servings.

- Description: "(Lomo En Adobo, Asado Con Hierbas)"
- NOTES :

Herbed Spanish Olives

Yield > 1 Servings

Keys : Appetizers Spanish Spain European Mediterranean Spanish

Ingredients :

7	oz	Green spanish olives (preferably large), lightly crushed
1/2	tsp	Ground cumin
1 1/2	tsp	Fresh oregano
1	tsp	Fresh rosemary
1	tsp	Fresh thyme
1/2	x	Teapsoon dried thyme
2	x	Bay leaves
1/2	tsp	Fennel seed
1 1/2	tsp	Crushed red pepper, (up to 2)
4	x	Cloves garlic, lightly crushed and peeled
4	tbl	Vinegar
4	x	Anchovy fillets

Method :

- Place the olives in a glass jar to make sure they fit. Place the olives in a bowl. Add all the other dry ingredients, and mix thoroughly. Fill the jar with the olives, then add the vinegar and water. Shake well and marinate at room temperature for several days. They will keep for weeks in the refrigerator, but they should be brought to room temperature before serving.

Jack Barnard's Spanish Omelet

Yield > 2 Servings

Keys : Eggs Breakfast Spanish Spain European Mediterranean

Ingredients :

1	cup	Onion, chopped finely
1/2	x	Salt
1	dsh	Red pepper
6	x	Eggs
1	cup	Milk
1	dsh	Pepper
2	cup	Canned tomatoes
1	tbl	Margarine
1/2	x	Pepper
6	tbl	Cornstarch
1	x	Baking powder
1/2	x	Salt

Method :

- SAUCE:Put onions in a pan with a little water and cook until partly done.
- Add tomatoes, salt, pepper, red peppers and margarine. Simmer very slowly for 3 hours until thick.
- EGGS:Beat eggs, cornstarch, milk, salt, pepper and baking powder. Put a little margarine in skillet and heat. Cook egg mixture until set, then flip over and cook other side. Put on plate and fold over. Fill with tomato sauce.

Killer Spanish Rice

Yield > 6 Servings

Keys : Casseroles Mexican Mexico Mex Central American Spanish Spain European Mediterranean

Ingredients :

1/2	lb	Bacon, cut into 3/4" pieces
1/2	lb	Hamburger
1	med	Onion, chopped
2	cup	Water
1	cup	Uncooked regular rice
2/3	cup	Chopped green bell pepper, optional
16	oz	Stewed tomatoes
1	tsp	Chili powder
1/2	tsp	Dried oregano leaves
1 1/4	tsp	Salt
1/8	tsp	Pepper

Method :

- Fry bacon until crisp; drain on paper towels. Cook and stir hamburger and onion in 10-inch skillet until hamburger is light brown; drain. Stir in bacon and remaining ingredients. Heat to boiling; reduce heat. Cover and simmer, stirring occasionally, until rice is tender, about 30 minutes. (Add small amount of water during cooking if necessary.)
- NOTES : Since I omit the green pepper, I buy the stewed tomatoes that have green pepper in them, and maybe even bits of celery.. It's been awhile since I've made this, but it's always a big hit.

La Espanola Meats House Paella

Yield > 8

Keys : Main Dish Spanish Spain European Mediterranean

Ingredients :

1/4	cup	Spanish extra-virgin olive oil
3/4	lb	medium shrimp
1/4	lb	cleaned calamari cut in rings
1/4	lb	cantimpalitos cocktail sausages see * Note
1/4	lb	bilbao sausage see * Note
1/4	lb	butifarrita sausage see * Note
6	sm	chicken drumsticks - (3/4 lb)
1/4	lb	pork loin diced
1	x	tomato chopped
2	x	green onions diced
2	x	garlic cloves finely chopped

Method :

- * Note: Look for the cantimpalitos, bilbao and butifarrita sausages at Spanish markets, where you'll also find pimenton (Spanish paprika), saffron, Spanish rice and canned Spanish red peppers.
- Heat the oil in a paella pan or very large skillet over high heat until it starts smoking. Cook the shrimp and calamari until the shrimp turns slightly pink and the calamari turns slightly white on both sides, 2 minutes. Make sure you do not overcook the seafood. Remove the seafood and set aside.
- Add the sausages, chicken and pork and cook over medium-high heat 8 to 10 minutes. Remove the meats and sausage from the pan and set aside.
- Cook the tomato, green onions and garlic in the paella pan over medium heat until fragrant, about 3 minutes, then add the pimenton, saffron and rice and stir well. Add the water, salt and meats to the pan. Add the mussels and clams. As soon as the shells begin to open - about 3 minutes for the mussels and 10 minutes for the clams - remove them and put them in another pot, covered.
- Cover and cook until the water is absorbed and the rice is al dente, 20 to 25 minutes. After 10 minutes of cooking, add the calamari, shrimp, clams, mussels, green beans, peas and peppers. Stir well. You may have to add a little water as the

1 1/2	tsp	pimenton see * Note
1 1/2	tsp	saffron
2	cup	Spanish paella rice see * Note
4	cup	water
1	tbl	salt
12	x	mussels scrubbed, debearded
12	x	clams scrubbed
1	cup	cut green beans in 1" pieces
		(fresh or thawed frozen)
1/2	cup	frozen green peas thawed
1	cup	sliced Spanish sweet red peppers see * Note
		(pimientos morrones)

rice cooks.

- This recipe yields 8 servings.

Langosta a La Catalana (Spanish Lobster)

Yield > 6 Servings

Keys : Seafood Cuban Cuba Central American Carribean Spanish Spain European Mediterranean

Ingredients :

1/2	cup	Pure Spanish olive oil
1	lrg	Onion, finely chopped
4	x	Cloves garlic, finely chopped
1/4	lb	Finely chopped Serrano ham (available at Hispanic

Method :

- Markets, or substitute Westphalian or Black Forest ham or prosciutto) 2 cups drained and finely chopped canned whole tomatoes 1/2 cup finely chopped drained pimientos 1/2 cup dry white wine 1/2 cup fish stock (see CUBA03.TXT) or clam juice 6 to 8 raw lobster tails each cut into 3 to 4 slices widthwise or cut in half lengthwise (or substitute 2 pounds large shrimp, peeled and deveined, tails left on) 1/4 cup cognac 1/4 cup finely chopped fresh parsley Salt to taste 1. In a large saucepan, heat the oil over low heat until fragrant, then cook the onion and garlic, stirring, until tender, 5 minutes. Add the ham and cook, stirring, 2 minutes. Add the tomatoes, pimientos, wine, and stock, raise the heat to medium-high, and bring to a boil. Immediately reduce the heat to low and simmer, partially covered, until the mixture has thickened, about 10 minutes. Add the lobster pieces and continue cooking until the lobster is cooked, and the shells turn red, 5 to 6 minutes. 2. Remove the lobster from the sauce and transfer it to a heated platter. To the sauce, add the cognac, parsley, and salt, bring the mixture to a boil over medium-high

heat, pour over the lobster, and serve immediately.

- Makes 6 to 8 servingsSubj: Camarones al Ajillo con Ron LANGOSTA A LA CATALANA

Label1 Lentils and Spanish Rice Enchiladas

Yield > 15 Enchiladas

Keys : Main Dish Ovo Lacto Spanish Spain European Mediterranean

Ingredients :

1	box	Spanish Quick Brown Rice
1/2	cup	Lentils
2	cup	Water
2	cup	Grated cheese
16	oz	Enchilada sauce
15	x	Corn tortillas, moistened

Method :

- Prepare contents of box according to package directions. Cook lentils in the 2 cups of water and drain off excess water. (Note: lentils and rice will cook in the same amount of time). Mix the rice and lentils and place 2 tablespoons full in each tortilla and roll. Place in a 9 x 13 pan and cover with enchilada sauce. Sprinkle with cheese and place in oven for 20 minutes at 300 F.

Little Meat Espadrilles in Wine Sauce

Yield > 4

Keys : Pork Veal Meats Alcoholic Spanish Spain European Mediterranean

Ingredients :

4	slc	Stale bread without crusts
3/4	lb	Ground lean pork or veal
1/2	lb	Ground raw or smoked ham
		or Canadian bacon
2	x	Garlic cloves finely chopped
3	tbl	Finely chopped parsley
3	x	Extra-large eggs separated
		Salt and freshly ground black pepper to taste
		Olive oil for frying
CINNAMON WINE SAUCE		
1	x	Onion chopped
2	tbl	Olive oil
1	x	Garlic clove finely chopped
2	tbl	Finely chopped parsley
1	tbl	Flour
1	cup	Good meat or chicken stock
1	cup	Oaky Spanish white wine
		or a dry white wine mixed 3:1
		with pale dry Montilla
1	x	Bay leaf
1/8	tsp	Ground cinnamon

Method :

- If you are using a food processor, make the bread crumbs first, then grind together the pork or veal and ham or Canadian bacon. Add the crumbs, garlic, parsley and 3 egg yolks, keeping the whites to use later for the coating. Mix everything together, seasoning well, to make a stiff pate.
- With your hands, shape the mixture into small sausages about 2-inches long, then flatten into shoe shapes. Heat 3 to 4 tablespoons of oil and fry the patties about 3 minutes on each side. Reserve them on a tray and chill at least 1 hour.
- For the sauce, soften the onion in 2 tablespoons of oil until golden, adding the garlic and parsley for the last few minutes. Tipping the pan, spoon out any visible oil, then stir in the flour and cook 1 minute. Stir in the stock, wine, bay leaf, and cinnamon and simmer 5 minutes.
- About 15 minutes before serving, beat the egg whites with a little salt until peaks form and coat the 'alpargatas'. Fry 2 to 3 minutes on each side, until colored and heated through. Reheat the sauce in a large casserole, slip in the 'alpargatas' in a single layer, and simmer gently 10 minutes. Buttered zucchini sticks make a good accompaniment.
- Serves 4 to 6.
- Comments: These pork and ham patties from Valencia are unusual and rather fun. Made in advance, they are then served in a wine and cinnamon sauce. An alpargata is a casual shoe with a rope sole-better known by its French name of espadrille. When fried, the patties do look very much like rope soles, because the coating of egg white fries in the characteristic ring pattern.

Loin of Pork with Onions and White Wine

Yield > 6

Keys : Pork Main Dish Meats Fillet Tenderloin Sirloin Loin Porterhouse Alcoholic Spanish Spain European Mediterranean Spanish

Ingredients :

Method :

- * Note: To roast saffron, fold grains in a piece of paper, place paper on hot plate or any hot surface until paper begins to brown. Remove saffron from paper and crush with pestle in

		(Lomo De Cerdo A La Aragonesa)
6	lrg	slices of Pork tenderloin - 3/4" thick
		(or 6 pork chops)
4	tbl	Olive oil for marinade
5	tbl	Olive oil for frying
1/2	x	Garlic clove
6	whl	Pepper grains
1	x	Clove
2	med	Onions chopped
1	tbl	Wine vinegar
2	tbl	Dry white wine
		Flour for dusting meat
1/4	x	to 1/2 cup Meat stock or beef bouillon
1	pch	Saffron see * Note
		Salt and pepper to taste

a mortar or bowl.

- Marinate pork overnight in 4 tablespoons olive oil mixed with 1/2 clove garlic, the pepper grains, and the clove, all crushed to a pulp in a mortar.
- Chop onions and fry slowly in 2 tablespoons olive oil in a casserole. While onions are frying, dip meat in flour and fry it in 3 tablespoons very hot olive oil in a large pan. Brown well on both sides. When onions are soft and golden, pour in 1 tablespoon vinegar and let boil until liquid has evaporated.
- Add fried slices of meat to onions, pour heated stock or bouillon into frying pan to rinse out all meat juice, and pour the stock and meat juice over meat and onions. Add 2 tablespoons dry white wine and enough stock or bouillon to just barely cover the meat. Mix a little of the juice with a few grains of toasted saffron and stir into casserole. Salt to taste and sprinkle with black pepper.
- Cook uncovered at slow simmer for 20 minutes. As sauce thickens, it may stick to bottom of casserole; scrape bottom of pan with spatula or flat spoon from time to time to prevent burning. Serve in casserole.

Low-Fat Spanish Rice

Yield > 3 Servings

Keys : Grains Spanish Spain European Mediterranean

Ingredients :

		Vegetable cooking spray

Method :

- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add rice, onion, and bell

1	cup	Uncooked instant rice
1	cup	Chopped onion
2/3	cup	Diced green bell pepper
1/2	tsp	Prepared mustard
1/4	tsp	Pepper
14 1/2	oz	Whole tomatoes, (1 can) undrained and chopped
5 1/2	oz	Tomato juice, (1 can)

pepper; saute 5 minutes. Add remaining ingredients; simmer, uncovered, 5 minutes or until liquid is absorbed.

- Yield: 3 servings (serving size: 1 cup).
- NOTES : Since rice is a favorite with my family, this recipe is an easy addition to any meal. It goes together quickly, and the flavors add a great taste to plain rice. - Flo Burtnett, Gage, Oklahoma.

Luby's Cafeteria's Spanish Indian Baked Corn

Yield > 8

Keys : Side Dish Spanish Spain European Mediterranean Indian India Asian

Ingredients :

1/4	lb	bacon chopped 1/2" pieces
1/3	cup	diced onion
1/3	cup	diced celery
1/3	cup	diced green bell pepper
1/4	lb	butter - (1 stick) plus
2	tbl	butter melted
1/4	cup	milk
1	can	cream style corn - (13 1/2 oz)
1	can	whole kernel corn - (13 1/2 oz)
2	tbl	finely-chopped jalapenos
2	tbl	finely-chopped pimentos
1	tsp	salt
1	tbl	sugar
2	cup	crumbled corn bread muffins

Method :

- In a large skillet over medium heat, cook bacon until crisp. Add onion, celery and bell pepper and saute 2 minutes over low heat; set aside.
- In medium-size pan, melt 1/4 pound butter; add milk, corn, jalapenos, pimentos, salt and sugar; heat over low heat. Add bacon-vegetable mixture and 1 cup corn bread crumbs to corn mixture. Heat well, stirring frequently.
- Transfer to an 8-inch-square by 1 1/2-inch pan. Moisten remaining corn bread crumbs with remaining margarine and sprinkle on top of corn mixture. Bake at 350 degrees until crumbs are light brown.
- This recipe yields 8 servings.

Madeira Onion Soup

Yield > 4

Keys : Soups Stews Onions Alcoholic Spanish Spain European Mediterranean

Ingredients :

2	tbl	Olive oil
3	tbl	Unsalted butter
2 1/2	lb	Onions thinly sliced
		Salt to taste
		Freshly-ground black pepper to taste
6	whl	cloves
1	tsp	Sweet paprika
2	tbl	Golden raisins
5	cup	Beef stock
4	x	Egg yolks lightly beaten
1/4	cup	Sercial Madeira

Method :

- Heat the oil and butter in a large saucepan or Dutch oven over low heat, add the onions, season with salt and pepper, and saute until very soft and golden, 20 to 30 minutes. Add the cloves, paprika, raisins, and stock, cover and simmer 1 hour.
- Remove cover and simmer 30 more minutes, adjusting seasoning as needed. Drizzle a few tablespoons of the hot soup stock into the yolks while beating to temper them, then add the yolks to the soup. Stir and simmer the soup for 3 to 4 minutes, or until thickened slightly. Stir in the Madeira.
- To serve, ladle soup into individual bowls and serve with bread.
- This recipe yields 4 to 6 servings.

Marinated Ham (Spanish-Style)

Yield > 30 Servings

Keys : Meats Main Dish Sauces Spanish Spain European Mediterranean

Ingredients :

15	lb	Fresh, uncured ham
		Salt
4	cl	Garlic, 3 cut in slivers, 1 minced
1	cup	Fresh lemon juice
1	cup	Fresh lime juice

Method :

- Prepare ham the night before by trimming away some of the excess fat, but leave as much skin as possible. Salt the meat to taste; cut small slashes into the ham and wedge in the slivers of garlic. Mix a marinade of minced garlic, lemon and lime juice. Pour over meat, cover tightly with foil, and refrigerate overnight.
- When ready to cook, heat the oven to 300F. Roast the meat about three hours, basting evry half hour. Bring the center of the ham to 165F degrees
- (use a meat thermometer to check temperature). Just before removing the ham from the oven, raise the heat to crisp the skin.

Marinated Tomatoes with Spanish Capers

Yield > 6 servings

Keys : Salads Spanish Spain European Mediterranean Spanish

Ingredients :

6	med	-size Ripe tomatoes
1	tbl	Spanish capers
1/4	cup	Extra Virgin Olive Oil
2	tbl	Sherry wine vinegar
1	x	salt & freshly ground black pepper

Method :

- From Spain tomatoes, pure olive oil and sherry wine vinegar-an authentic Spanish dish. (Tomates Alinados con Alcaparras)
- Cut tomatoes in thick slices and place in a single layer in a shallow serving dish.
- In a small bowl whisk together remaining ingredients.
- Pour mixture over tomatoes cover and refrigerate for 1 to 3 hours before serving.

1	clv	garlic, minced
2	tbl	Fresh Parsley, minced
1	tsp	Dried basil
2	tbl	Onions, minced

- Makes 6 servings.

Mcdonald's Spanish Omelet Breakfast Bagel Sandwiches

Yield > 4

Keys : Breakfast Sandwiches Breads Baked Spanish Spain European Mediterranean

Ingredients :

2	tsp	minced green pepper
2	tsp	minced white onion
4	x	eggs
1	tsp	butter
		Salt to taste
		Freshly-ground black pepper to taste
8	oz	breakfast sausage

Method :

- First prepare the sauce by combining the mayonnaise with the dill mustard in a small bowl. Set this aside until you are ready to use it.
- To prepare the eggs it's best to make one at a time in a small 6-inch skillet. If you have more than one of these small pans, you can save a little time.
- First preheat pan over low heat. Add 1/4 teaspoon of butter. Add 1/2 teaspoon of minced green pepper along with 1/2 teaspoon minced white onion to the pan and saute for a couple minutes, or until softened.
- Beat an egg in a small bowl with a whisk until it is smooth, but not foamy. Add a pinch of salt and pepper to the egg. Add the egg to the pan with the vegetables. Swirl the pan so that the egg spreads out.

4	slc	Kraft Singles American cheese
4	slc	Kraft Singles Monterey Jack cheese
SAUCE		
2	tbl	mayonnaise
1	tsp	creamy dill mustard

- As the egg begins to cook, use a spatula to pull in a couple of the edges so that raw egg flows around from the top onto the hot pan. Cook for 2 to 3 minutes, then fold over one of the edges of the egg using a spoon or fork. Fold it down about an inch. Fold the opposite end over as well. Then fold the remaining two edges over, creating a small rectangular or square mini-omelet. Flip the little omelets over and turn off the heat.
- Press the sausage into four 2-ounce patties approximately the size of the bagel. Cook the sausage in a large skillet over medium heat until brown. Drain when done.
- Slice a bagel in half and place it with the faces up on a baking sheet. Grill the faces of the bagel halves in your oven set on broil until golden brown. You may also use a toaster oven for this step, but be sure to place the sliced bagel halves onto a small baking sheet or on aluminum foil.
- When the bagels are toasted, spread about 1/2 tablespoon of the sauce onto the face of the top bagel half. Place a slice of American cheese onto the face of the top bagel half. Place a slice of Monterey Jack cheese over the face of the bottom bagel half. Place a sausage patty on the cheese on the bottom bagel half. Place the finished omelet onto the sausage on the bottom half of the sandwich.
- Finish by flipping the top half of the sandwich over onto the bottom. Heat for 15 seconds in microwave if needed to warm.
- This recipe yields 4 servings.

Menestra (Spanish Vegetable Stew)

Yield > 4 Servings

Keys : Spanish Spain European Mediterranean

Ingredients :

2	med	Onions, cut in half then sliced
3	x	Garlic cloves, minced
		Favorite broth for sauteeing
2	med	Carrots, sliced
1	med	Potato, diced
1	med	Zucchini, diced
1/4	lb	Green beans, cut in 1/2 inch peices
1	tbl	Sweet paprika
2	x	Bay leaves
1	pch	Cayenne pepper
2	cup	Hot water
1/2	cup	Dry sherry
1/4	tsp	Salt
1/2	lb	Small mushrooms, halved or quartered
1	x	Red bell pepper, cut in 1/2 inch peices
5	x	Canned artichoke hearts, quartered
1	cup	Fresh or frozen peas

Method :

- Fireside/Simon & Schuster. It's really satisfying.
- In a soup pot, "saute" the onions and garlic in your favorite broth for about 5 minutes. Add the carrots, potato, zucchini, green beans, paprika, bay leaves, and cayenne, and "saute" for 2 minutes. Add the water, sherry, and salt. Cover the pot and bring to a boil. Reduce heat to simmer and cook for about 1/2 an hour, until the veggies are just barely tender. Add the peppers and mushrooms to the pot and simmer briskly for 5 minutes, adding a little more water if needed. Finally, just before serving, stir in the artichoke hearts and peas and simmer for a few minutes until heated through.

Minute Spanish Rice (Schroeder's)

Yield > 4 Servings

Keys : Rice Low Calorie Fat Free Diet Famfavorite Spanish Spain European Mediterranean

Ingredients :

1 1/2	cup	MINUTE RICE
1 1/2	cup	WATER
2	tbl	CHICKEN BROTH, JAMESON'S
1	x	MEDIUM TOMATO, CHOPPED
1	x	MEDIUM GREEN PEPPER, CHOPPED
2	tsp	GARLIC POWDER
1	tsp	ONION POWDER
1	tsp	PAPRIKA
3	tsp	LEMON JUICE
1/4	cup	CATSUP

Method :

- IN A MICROWAVABLE DISH, PLACE THE WATER, GREEN PEPPER AND CHICKEN BROTH MIX. BRING TO A BOIL, WITH MICROWAVE ON HIGH. WHEN BOILING, ADD RICE.
- MICROWAVE FOR 6 MINUTES. ADD TOMATO AND SPICES. STIR TO MIX. ADD CATSUP AND STIR. MICROWAVE FOR 4 MINUTES. ADD LEMON JUICE. STIR TO MIX WELL. MICROWAVE FOR ONE TO 2 MINUTES MORE.
- MAKES ABOUT FOUR 3/4 CUP SERVINGS.
- EACH SERVING

Mixed Seafood Paella with Garlic Aioli

Yield > 4

Keys : Main Dish Clams Mussels Fish Ocean Seafood Spanish Spain European Mediterranean

Ingredients :

1/2	lb	Medium shrimp shelled, deveined
1	lb	Firm white fish cut 1" cubes
		(such as monkfish)
1	lb	Squid cleaned, and
		cut 1/2" rings, tentacles halved
		Coarse salt to taste
6	cup	Fish stock
1/4	tsp	Crumbled saffron threads
1/2	cup	Dry white wine
1/3	cup	Olive oil
2	x	Green bell peppers seeded, chopped fine
10	x	Garlic cloves minced
1	tsp	Paprika
3	x	Tomatoes peeled, seeded,
		and finely chopped

Method :

- Place the shrimp, fish and squid in a colander, sprinkle with coarse salt and let sit while preparing the remaining ingredients. Combine the stock, saffron, and wine in a saucepan, and bring to a boil while cooking fish.
- Heat the olive oil in a wide paella pan set over two burners. Add the shrimp, fish, and squid, and cook for 2 minutes, stirring frequently. Remove the shrimp and fish, leaving the squid in the pan. Add the peppers to the pan, and saute 2 to 3 minutes. Add the garlic and saute another minute to release the aromas. Stir in the paprika and tomatoes, and saute 1 minute to release the aromas. Add the rice, toss to coat it with the tomato mixture, and stir in the parsley and bay leaves.
- Preheat an oven to 350 degrees.
- Add the hot broth to the pan, along with the peas. Boil for 5 to 10 minutes, or until some of the liquid reduces. (Paella should have just enough liquid to cook rice, but not be soupy.) Adjust seasonings. Stir in the reserved shrimp and fish, and arrange the mussels over the paella with the edges that will open facing up.
- Transfer paella pan to the oven and cook, uncovered, for 10 to 12 minutes, or until rice is almost cooked and most of the liquid is absorbed.
- Remove paella from oven, cover loosely, and let sit for 10 minutes before serving. Serve with the Garlic Aioli.
- This recipe yields 4 to 6 servings.

3	cup	Short-grain rice
1	tbl	Finely-chopped parsley
2	x	Bay leaves
1/2	cup	Frozen organic peas
16	x	Mussels cleaned

Monkfish with Almonds, Sweet Red Peppers and Saffron

Yield > 6 Servings

Keys : Seafood Fish Nuts Spices Spanish Spain European Mediterranean

Ingredients :

2	lb	Monkfish, in large whole filets, skin and membranes removed
2	tbl	Olive oil
3	lrg	Garlic cloves, minced
3	lrg	Red bell peppers, cored, seeded, cut into strips

Method :

- Preheat the oven to 350F. Bake the fish in a buttered baking pan for 15 minutes. Let cool. Cut into medallions and set aside. Reserve the baking juice. Heat the oil in a large skillet, add the garlic and peppers and saute over low heat for 20 minutes, stirring occasionally. Grind whole almonds finely in a food processor and add to the skillet with the saffron, wine, stock, reserved fish juices, salt and pepper; cook over medium heat for 5 minutes. Transfer to a blender or food processor and puree. Return the sauce to the skillet, add the fish medallions, and heat through. Serve immediately, with sliced almonds sprinkled on top.

		lengthwise
3/4	cup	Whole almonds, toasted
1/2	tsp	Saffron threads
1/2	cup	Dry white wine
1/2	cup	Fish stock
1/2	tsp	Salt
1/2	tsp	White pepper, or to taste
1	oz	sliced almonds, toasted, for garnish

- Serves 6.

Montaditos De Pimientos Con Alioli

Yield > 8

Keys : Appetizers Spanish Spain European Mediterranean

Ingredients :

4	x	yellow peppers
4	x	red peppers
2	tbl	olive oil - (to 3)
1	tsp	salt
1	x	crusty baguette
1	cup	mayonnaise see * Note
4	x	garlic cloves - (to 6) pressed

Method :

- * Note: You can use a commercial or homemade mayonnaise, but, if using a commercial mayonnaise, add an additional 1/4 cup extra virgin olive oil.
- Cut peppers in half, remove hearts and stems, wash and seed. Slice lengthwise into 1-inch squares. Place peppers on baking sheet, brush with 2 to 3 tablespoons olive oil and sprinkle with salt. Bake at 275 degrees until soft, 45 minutes to 1 hour. Remove from oven and allow to cool.
- To make alioli, whisk together mayonnaise, pressed garlic and olive oil, if using.
- Slice baguette diagonally into 18 to 20 (1/4-inch) slices. Toast bread in 375 degree oven on baking sheet for 5 minutes. Spread ailioli on toasted baguette. Top with three slices of peppers, alternating colors. Serve.
- This recipe yields 6 to 8 servings.

Moroccan Carrot Salad

Yield > 4

Keys : Salads Dressings Tubers Root Vegetable Moroccan Morocco African Spanish Spain European Mediterranean

Ingredients :

1	lb	carrots
1	x	garlic clove
1/8	tsp	ground cinnamon
1/2	tsp	ground cumin
1/2	tsp	sweet paprika
1	pch	cayenne (optional)
		Juice of 1 lemon
1/8	tsp	granulated sugar
		Salt to taste
		Olive oil to taste
		Chopped parsley to taste

Method :

- Equipment: Vegetable peeler, 1 1/2-quart saucepan, chopping knife.
- Wash and peel the carrots. Boil whole in water with the garlic until barely tender. Drain. Discard the garlic and dice or slice the carrots.
- Combine the spices with the lemon juice, sugar, and salt and pour over the carrots. Chill. Sprinkle with oil and chopped parsley before serving.
- This recipe yields 4 servings.

New Year's Paella

Yield > 8 Servings

Keys : Seafood Fish Spanish Spain European Mediterranean

Ingredients :

8	cup	Fish or Chicken Stock
1	tbl	Saffron Threads
3	tbl	Olive Oil

Method :

- Bring the stock to a boil, add $affron, simmer 10 minutes, and set aside.
- In a large paella pan or other large pan, heat the olive oil. Add the garlic and saute just till it begins to color. Add the onions and saute to soften. Add the peppers and cook slightly,

6	x	Garlic Cloves, chopped
2	x	Onions, medium, chopped
1	x	Red Bell Pepper, chopped
1	x	Green Bell Pepper, chopped
8	x	Chicken Pieces, boned
8	x	Chorizo Sausages in chunks
8	oz	Squid, cut into rings
4	cup	Rice
4	x	Tomatoes, peeled, in chunks
1	x	Salt
1	cup	Green Peas, shelled
1/2	cup	Black Olives, sliced
1	x	Parsley, chopped
1 1/2	lb	Rockfish, cut into chunks
2	lb	Mussels, rinsed, debearded
2	lb	Shrimps, large, peeled

then remove the vegetables form the pan and set aside. Add the chicken and brown, remove from pan. Add sausage chunks and brown, remove from pan. Add the squid and toss briefly.

- Add rice, tomatoes, stock, salt, sausage, chicken, the reserved vegetables, peas, olives, and parsley, reserving some of the parsley for garnish. Stir, cover, and bring to a boil. Remove cover and arrange rockfish pieces on top. Replace cover and cook about 5 minutes more. Uncover and add mussels, cover and cook 5 minutes. Add the peeled and deveined large shrimps, cover and cook until mussels open, shrimp are cooked, and rice is tender. Add more stock or water at any point if the rice appears too dry. The rice should be moist, not soupy. Let the paella stand covered about 5 minutes before serving. Sprinkle with remaining parsley. Place pan on a pad in center of table and remove lid with a flourish!

Oakville Grocery's Spanish Olive Mix

Yield > 1 Servings

Keys : Spanish Spain European Mediterranean

Ingredients :

3	cup	Unpitted Spanish olives
2	tbl	Olive oil
2	tbl	Balsamic vinegar
2	x	Garlic cloves, minced
1	tsp	Minced fresh thyme
1	tsp	Minced fresh oregano
1/4	tsp	Minced fresh rosemary
1/4	tsp	Hot red pepper flakes
1/2	x	Orange, removed with a zester , Zest of

Method :

- Check specialty food markets for Spanish olives such as Arbequina, Manzanilla and Farga Aragon. If you can't find them, substitute other unpitted olives, aiming for a variety of colors, sizes and textures.
- INSTRUCTIONS: Combine all ingredients in a large bowl. Let stand at cool-room temperature for at least 12 hours before serving.
- Olives may remain at room temperature for up to 36 hours but should be refrigerated after that.
- Yields 3 cups.

Octopus Spanish Style

Yield > 1 Servings

Keys : Fish Seafood Spanish Spain European Mediterranean

Ingredients :

2	lrg	(or four small) tentacles
15	oz	Tomato sauce
1/2	sm	Onion, chopped
1	tsp	Chili powder
		Pepper and garlic to taste

Method :

- Beat tentacles to tenderize. Boil for about 20 minutes in salted water.
- Slice. Heat frying pan and just enough fat to cover the bottom. Fry onion.
- Add tomato, chili powder, pepper, garlic powder, and let simmer one-half hour. Then add sliced octopus and simmer for another hour. Serve over fresh cooked rice.
- Pauline Calugan
- "Island Edibles," Sand Point, AK

Olive-Crusted Rack of Lamb

Yield > 6

Keys : Lamb Main Dish Meats Spanish Spain European Mediterranean

Ingredients :

Method :

- For Sauce: Sprinkle lamb bones with salt and pepper. Heat oil in heavy large pot over medium-high heat. Add lamb

SAUCE		
2	lb	meaty lamb neck and shoulder stew bones
1/4	cup	olive oil
1	lrg	leek, white and pale green parts only chopped
		(abt 1 1/4 cups)
1	lrg	carrot peeled, chopped
1	x	onion chopped
1	lrg	tomato chopped
1/2	cup	dry red wine
6	x	garlic cloves peeled
2	x	bay leaves
1 1/4	tsp	chopped fresh rosemary
4	cup	water
		Salt to taste
		Freshly-ground black pepper to taste
LAMB		
4	tbl	olive oil
3/4	cup	minced shallots - (3 large)
2	tsp	chopped fresh rosemary
1 1/2	cup	fresh breadcrumbs or more if needed
		(made from French bread)
8	oz	Kalamata olives pitted, chopped
		fine
		(or other brine-cured black olives)
		Salt to taste
		Freshly-ground black pepper to taste
3	x	well-trimmed racks of lamb (abt 1 1/4 lbs ea)
4 1/2	tsp	Dijon mustard

bones and saute until dark brown, about 20 minutes. Transfer lamb bones to bowl.

- Add leek, carrot, and onion to same pot. Saute until golden, about 12 minutes. Add tomato, red wine, garlic, bay leaves, and rosemary; bring to boil, scraping up browned bits. Add 4 cups water and lamb bones with any accumulated juices. Bring to boil. Cover partially, reduce heat to medium-low and simmer until thickened and reduced, about 2 hours.
- Using tongs, discard lamb bones. Press vegetables and liquid through sieve into large bowl. Season sauce to taste with salt and pepper. (Can be made 1 day ahead. Refrigerate until cold, then cover and keep refrigerated.)
- For Lamb: Heat 3 tablespoons oil in heavy large skillet over medium-high heat. Add shallots and rosemary; saute until soft, about 3 minutes. Add breadcrumbs and saute until golden brown, about 5 minutes. Add olives and stir until moist clumps form, adding more breadcrumbs if mixture is loose. Season crumb topping with salt and pepper. Cool.
- Preheat oven to 400 degrees. Heat remaining 1 tablespoon oil in heavy large skillet over high heat. Working in batches, add lamb racks to skillet, rounded-side down. Sear until brown, about 6 minutes. Transfer to large rimmed baking sheet, seared-side up. Spread 1 1/2 teaspoons mustard over each. Press crumb topping into mustard. Roast lamb to desired doneness, about 25 minutes for medium.
- Rewarm sauce over low heat, stirring occasionally. Cut lamb between bones and serve with sauce.
- This recipe yields 6 servings.
- Comments: The divine lamb dish featured here is a perfect example of the excellent food served at El Olivo. This romantic restaurant, in a restored olive-oil mill, is a great spot to wine and dine someone special - the many wax-drenched candelabra are very nice touches. Service is impeccable, friendly, and attentive, including a sommelier at the ready to pair Spanish wines with the delicious local cuisine. El Olivo is one of three restaurants located in La Residencia, a beautiful resort in the western Majorca town of Deia.
- Serve this refined Spanish dish as they do at the restaurant, with sauteed purple potatoes, mushrooms, baby carrots, and broccoli.

Orange and Almond Dessert Cake

Yield > 8 Servings

Keys : Cakes Desserts Citrus Nuts Spanish Spain European Mediterranean

Ingredients :

2	x	Juicy oranges, thick skinned
6	x	Eggs
250	gm	Ground almonds, coarsely chopped
185	gm	Caster sugar
1	tbl	Baking powder

Method :

- Wash oranges, place in saucepan and cover with water. Simmer gantly for 2 hours ir until very tender. Cool slightly, halve the oranges and discard pips. Chop skin and pulp roughly the puree in a good processor. Beat the eggs until light coloured, add remaining ingredients and blend throughly.
- Pou into a buttered and floured tin [about 22 CM] and bake in a preheated 190 degree C oven for about 1 hour or until cake is golden and just firm to the touch. Leave in the tin until quite cold. Serve with whipped cream. I like to either simmer orange rind shreds in a sugar syrup and serve a small pile of those beside the cake and decorate with candied peel, together with a few orange segments marinated in a little syrup and sometimes with a good dash of Grand Marnier. Pass the cream separately.
- NOTES : Based on a Spanish recipe, this dessert cake is very easily made.
- It
can be made for
Passover, but if so, the baking powder must be omitted and the eggs
seperated. The whites are
whipped stifly and folded in after the other ingredients are mixed.

Orange Cake

Yield > 4

Keys : Desserts Cakes Citrus Spanish Spain European Mediterranean

Ingredients :

3	lrg	Eggs
1 1/4	cup	Sugar
1	cup	Milk
1/2	cup	Olive oil
		Zest of 1 orange minced
1 3/4	cup	Flour sifted
1/2	tsp	Baking powder
1/2	tsp	Baking soda
1/2	tsp	Salt
SYRUP		
1	x	Orange
1 1/2	cup	Orange juice
1 1/2	cup	Sugar

Method :

- Preheat an oven to 400 degrees. Butter an 8-inch cake pan, then dust with sugar and flour.
- Beat the eggs with the sugar to pale yellow ribbons. Beat in the milk, oil and orange zest. In a small bowl, sift the flour with the baking powder, baking soda, and salt. Add the flour mixture to the egg mixture a tablespoon at a time, stirring well after each addition.
- Pour batter into prepared cake pan and bake for 1 hour. Remove cake from oven, let cool slightly on a rack, then invert and cool completely.
- Meanwhile, prepare the syrup: Use a sharp paring knife to cut the orange rind off the orange used for zest and the remaining orange, leaving the bitter white pith on the orange. Cut the skin into very thin strips and reserve. Cut away and discard the white pith, remove the orange supremes, and reserve.
- In a large saucepan, combine the orange juice, sugar, and thin orange strips. Bring to a simmer and cook for 30 minutes, or until a thick syrup. Strain the syrup and reserve the orange strips, along with 1/2 cup of the syrup. Use a toothpick to poke holes in the top of the cake, then pour the warm strained syrup all over the cake so that it soaks through.
- Place the remaining 1/2 cup syrup in a small saucepan, bring to a simmer and reduce to a few tablespoons. Use a spatula to spread the thick glaze over the top of the cake. Place cake on a serving platter, and arrange the reserved orange strips and orange supremes on top of the cake.
- This recipe yields 1 eight-inch cake; 4 to 6 servings.

Packbag Paella

Yield > 4

Keys : Main Dish One Pot Meals Supper Trail Spanish Spain European Mediterranean

Ingredients :

2	oz	Freeze-Dried Shrimp -- *
2	oz	Freeze-Dried Chicken -- *
1/2	oz	Freeze-Dried Ham -- *
Package Together		
1	tbl	Dried Onions
2	tbl	Dried Green Peppers
2	tbl	Chicken Bouillon Granules
1	tsp	Basil
1/4	tsp	Garlic Powder
1	tsp	Paprika
Package Separately		
1/2	cup	Tomato Crystals
1/2	oz	Freeze-Dried Peas
1	cup	Quick Brown Rice, Or
1	cup	Converted Rice
4	cup	Water

Method :

- 1. Presoak all freeze-dried foods, following package directions.
- 2. Add 3 1/2 c water to pot, bring to a boil, and add rice and onion mixture.
- 3. When rice is tender and most of the liquid absorbed, add the freeze-dried items. Heat for a few minutes, season and serve.
- Makes 8 Sierra cups.
- Variations:
a. Add a bit of saffron for a traditional Spanish flavor if it is available.
- b.
* May substitute canned shrimp, and soy ham and chicken. Cook the soy meats along with the rice and add extra water to rehydrate.

Paella

Yield > 1 Servings

Keys : Rice Spanish Spain European Mediterranean

Ingredients :

2	lb	Live lobster
6	med	Sized raw shrimp, in shell (6 to 8)
6	sm	Hard-shelled clams
6	x	Mussels
3	x	Links spanish chorizo
1	whl	chicken, cut in 12 pieces
2	tsp	Salt
		Freshly ground black pepper
1/2	cup	Olive oil
3	x	Ouncles lean boneless pork, cut in 1/4 inch cubes
1/2	cup	Onions, finely chopped
1	tsp	Garlic, minced
1	med	Sweet red pepper, cut in strips
1	lrg	Tomato, peeled, seeded and chopped

Method :

- 1. Cut up the lobster, removing the stomach and intestinal vein. Without removing the shell, cut tail crosswise into 1 inch slices, and split the body in half lengthwise, then crosswise into quarters. Set aside.
- 2. Clean and devein shrimp, leaving tails intact. Scrub clams and mussels well, and remove the "beards" from the mussels.
- 3. Place sausages in skillet and prick them with knife. Add water to cover completely and bring to the boil. Reduce to simmer and cook for 5 minutes.
- Drain, cool and slice into 1/2 inch rounds.
- 4. Season chicken with 1 teaspoon of salt, and black pepper. Brown chicken in 1/4 cup of olive oil until it becomes a rich golden brown. Remove to plate. Add the lobster to the oil remaining in the skillet and cook 2-3 minutes till pink. Lightly brown sausage slices in same fashion.
- 5. Make sofrito by discarding fat remaining in skillet and add remaining 1/4 cup olive oil. Add pork, garlic, onions, pepper strips and tomato.
- Stirring constantly, cook briskly until most of the liquid in pan evaporates and the mixture is thick. Set aside.
- 6. Preheat oven to 400 degrees. In a 14-inch paella pan, combine the sofrito, rice, the remaining 1 teaspoon salt and the saffron. Pour in the boiling water, and stirring constantly, bring to the boil over high heat.

3	cup	Medium grain rice
1/4	tsp	Freshly ground saffron (grind threads in a mortar)
6	cup	Boiling water
1/2	cup	Fresh peas
6	x	Lemon wedges, (6 to 8)

- Remove the pan from heat and taste to correct seasoning.
- 7. Arrange the chicken, lobster, sausage, shrimp, clams and mussels on top of the rice and scatter the peas at random over the whole. Set the pan in bottom part of oven and bake uncovered for about 30 minutes or until all liquid is absorbed. At no point should the paella be stirred after it goes in the oven.
- 8. When the paella is removed from oven, drape a kitchen towel loosely over the top and let it rest for 5-8 minutes. Garnish with lemon wedges and serve at the table directly from the pan.

Pollo a La Chilindron

Yield > 8 Servings

Keys : Chicken Main Dish Poultry Spanish Spain European Mediterranean

Ingredients :

8	x	Split chicken breast --
		(leave large wing bo Intact - remove meat)
		Olive oil as needed
		Salt and freshly ground --
		Pepper to taste
20	ml	Garlic -- minced
1	x	Onion
1	x	Red pepper -- julienne
		About
		1/4 "
1	x	Green pepper
4	oz	Smoked ham
4	oz	Sherry

Method :

- (Spanish Chicken with Vegetables and Olives) Heat a large pan and add the olive oil. Salt and pepper the chicken breast and brown in oil. If skin is removed, flour after salt and peppering. Fry skin side down first.
- Transfer to platter and put in oven. Remove excess fat and saute garlic, then onion; add sherry and deglaze; add peppers; add smoked ham; add olives. Stir until heated through. Add arrowroot to chicken stock and thicken sauce; add tomatoes last. To serve, slice chicken halfway through crosswise and arrange along the edges of a serving platter; Pour vegetables and sauce down the center. 8 servings.
- Note: Start with 4 whole chicken breast about the same size so they can be arranged on the serving platter in matching pairs.

2	oz	Green olives -- whole
2	oz	Black olives -- whole
1	tbl	Arrowroot
1	cup	Chicken stock
4	oz	Tomatoes -- diced 1/4"

Paella (Spanish Chicken, Seafood Casserole)

Yield > 8 Servings

Keys : Chicken Seafood Pork Poultry Meats Spanish Spain European Mediterranean Spanish

Ingredients :

4	lb	Chicken-serving size pieces
1/4	cup	Sake plus 2T
2	tbl	Soy sauce
5 3/4	cup	Chicken stock
16	x	Clams little neck in shell
1	tbl	Gingerroot, minced, fresh
1	cup	Onions, green, chopped
3	cup	Rice short grain uncooked
1/4	cup	Cilantro leaves chopped

Method :

- Shell, devein and butterfly the shrimp. Scrub mussels and clams and soak in several different changes of water until needed. Cut chinese sausage in thin diagonal slices and steam, 15 minutes. Pre-heat the oven to 350/F. Combine the chicken, chili sauce and 2 T of the sake in a bowl-set aside.
- Combine shrimp, 1 T of the soy sauce and 1 T of the sake in another bowl and set aside.Dissolve the saffron in some of the chicken stock and set aside. Heat 1/4 cup of the olive oil in a large skillet: medium high heat.
- Add chicken pieces a few at a time, cook until browned on each side. Set aside untill all are browned. Pour off fat from skillett then add remaining
- (2T) olive oil, garlic and gingerroot. Cook for 1 minute then add green onion and cook 30 seconds more. Now add the steamed sausage and cook 1 more minute then add the rice and stir until it is all coated. Pour in the chicken stock,

1	tbl	Szechuan chili sauce
1	lb	Shrimp whole, raw
1/2	tsp	Saffron threads crushed
1 1/2	lb	Mussels in shell
1/4	cup	Oil, olive plus 2T
1 1/2	tbl	Garlic minced
1/4	lb	Sausage, Chinese pork

dissolved saffron, remaining 1/4 cup of sake and remaining 1T soy sauce. Bring to a boil and cook over medium heat for 10 minutes. Add the snow peas, shrimp and chicken pieces and cover with rice mixture.

- Arrange clams and mussels on top, sticking up so they will open. Bake uncovered at 350/F for 30-40 minutes or until clams and mussels are open.
- Sprinkle the cilantro over the top and serve from the pan together with green salad and crusty bread.

Paella Valencia

Yield > 6

Keys : Paella Main Dish Spanish Spain European Mediterranean

Ingredients :

1	lb	Mussels in the shell
1	lb	Small clams in the shell
1/2	cup	Olive oil
2	lb	Chicken thighs
1/2	lb	Boneless pork butt cut 1" cubes
2	x	Onions peeled, sliced

Method :

- With a paring knife or a pair of pliers trim or pull off the fuzzy beards from the mussels. Rinse the clams and mussels well and soak them in cold water for 1 hour. Drain, leaving any sand behind.
- Heat a 15-inch round paella pan or a large frying pan. Add the 1/2 cup olive oil and brown the chicken until brown on all sides. Remove the chicken from the pan and set aside.
- Brown and cook the pork in the same way. Remove the pork to the chicken plate, leaving the oil in the pan.
- Reheat the pan and add the onion, garlic, ham cubes and chorizo slices.

2	x	Garlic cloves crushed
1	cup	Smoked ham cut 1/2" cubes
1	cup	Chorizo - Spanish or Mexican sliced
1	x	Red bell pepper sliced thin
2	cup	Arborio-style rice
3	cup	Chicken stock fresh or canned
1/8	tsp	Saffron threads crushed, optional
2	tbl	Annatto Oil see * Note
1	tsp	Paprika
1/2	cup	Peas defrosted if frozen
1/2	lb	Large shrimp peeled
1	cup	Dry white wine
		Salt to taste
		Lemon slices for garnish

- Saute until the onion is clear, then add the red bell pepper. Cook for a moment and remove from the pan, leaving the oil behind.
- Reheat the pan and add the rice. Stir over medium heat until the grains begin to color just a bit. You may need additional oil at this point.
- Now add the reserved chicken and pork, along with the cooked vegetable mixture.
- In a sauce pan bring the chicken stock to a boil and add the optional saffron, the annatto oil, paprika and salt to taste.
- When the ingredients are hot add to the paella pan or frying pan. Heat until all comes to a boil.
- Reduce the heat to medium and cook the dish, covered, rotating it now and then on the burner, for about 8 minutes. Stir in the wine. Add the shrimp, clams and mussels to the pan, being sure to push the clams and mussels down into the rive, hinged sides down.
- Sprinkle the peas on top and continue to cook, covered, until the clams and mussels are open and the rice is just tender.
- Garnish with the lemon slices and serve.
- Comments: The name "paella" simply refers to the big round pan in which this dish is cooked. This particular recipe is done in the style of Valencia and it contains a little bit of everything.

Pan Roast Spanish Mackerel

Yield > 1

Keys : Fish Spanish Spain European Mediterranean

Ingredients :

		with Asparagus, Radish and Lemon Vinaigrette
		Four (5-ounce) Spanish mackerel fillets (boneless, skin on)
6	oz	canola oil
1	oz	whole butter
		salt, pepper and flour for dredging 2 teaspoons of ground coriander
1	sm	bunch pencil asparagus (trimmed, blanched and shocked)
1	x	seedless cucumber (cut into 1/2" x 1/2" x 2" batons)
1	bn	radishes with tops removed, halved and lightly saute`ed
1	x	lemon juiced, zest removed and reserved
1	stalk	lemongrass finely sliced

Method :

- 1. Infuse 4 ounces canola oil with lemon grass and lemon zest by bringing almost to a simmer on range and allowing to cool(overnight, if desired).
- 2. Make a vinaigrette by combining 1 egg yolk, 1 teaspoon mustard, 2 tablespoons water, lemon juice, 1 tablespoon white vinegar. Salt and pepper to taste. Whisk in a small bowl (or in bottom of blender) until frothy, add strained lemon-infused oil in slow steady stream until well blended and creamy.
- Assembling
- 1. Roast fish by heating large non-stick pan until quite hot. Add 2 tablespoons oil, season fish with salt, pepper and ground coriander, then dredge in hour. Saute until brown, first on flesh then skin side, drain excess oil, baste with butter.
- 2. Heat vegetables with butter, 2 tablespoons water, salt, pepper, and arrange attractively on a plate. Place fish over 1/3 of vegetables and drizzle vinaigrette around all.
- 3. Garnish with chopped dill and dill sprigs.
- PASTA dESTATE

Papas a La Arequipena

Yield > 8 Servings

Keys : Vegetables Spanish Spain European Mediterranean

Ingredients :

3	x	Chilies, ancho, dried, split lengthwise, seeded
1/3	cup	Annato seed **
1	cup	Oil, vegetable
		Lettuce leaves
2	lrg	Eggs, hard cooked, sliced
1	x	Corn, ear, shucked, boiled tender, thinly sliced through the cob
1/4	cup	Cilantro (coriander) leaves, chopped
		Olives, Calamata (garnish)
POTATO MIXTURE		
3	lb	Potatoes, peeled, cooked, mashed
1	x	Lemon, juice of OR
1	x	Lime, juice of
SAUCE		
		Salt, coarse
1	cup	Oil, olive
2	sm	Chilies, split lengthwise seeded, and chopped
1	x	Garlic, clove, peeled
1 1/4	cup	Walnuts (5 ounces)
2	tsp	Salt
1/2	lb	Cheese, feta, Rumanian OR crumbled
1/2	lb	Cheese, feta, Greek, crumbled
		Pepper (to taste)

Method :

- ** Available in Latin American markets
- Hold each chili with a fork over a gas flame, turning until lightly roasted on all sides. Place the chili in a bowl with 2 cups of warm water, and soak for 20 minutes.
- Prepare achiote oil by stirring together annato seeds and vegetable oil in a saucepan over medium heat for 2 minutes. Remove from the heat and cool. Oil will keep indefinitely, tightly covered, in a cool place.
- For Potato Mixture:
Stir 1/4 cup achiote oil into mashed potatoes (reserve remainder of the oil for another use). Add lime or lemon juice and salt to taste. Set aside.
- For Sauce:
Drain ancho chilies, reserving soaking liquid, and place them in a processor with the olive oil, fresh chilies, and garlic. Process until smooth. With the machine running, add 1/2 cup of walnuts, 1/2 cup reserved pepper soaking liquid and 2 tablespoons of salt. Process until smooth. Add half of the crumbled cheese and process until smooth. Transfer to a small bowl. Coarsely chop the remaining walnuts and add them to the mixture with the remaining cheese; salt and pepper to taste.
- Shape potato mixture into about 2 dozen 1 1/2-inch balls.
- Arrange them on a bed of lettuce leaves, spooning a little sauce on top. Garnish with eggs, corn, coriander and olives. Serve at room temperature.

Patatas Bravas

Yield > 4

Keys : Bbq Barbequed Barbecued Grilling Side Dish Vegetables Spanish Spain European Mediterranean

Ingredients :

12	lrg	new potatoes
1/2	tsp	paprika
1	sm	onion
1	x	garlic clove
1	sm	dried red chili pepper
4	tbl	olive oil
1	cup	pureed tomatoes
1/2	cup	dry white wine
2	tbl	chopped fresh parsley
		Salt to taste
		Freshly-ground black pepper to taste
		Parsley to garnish

Method :

- Scrub the potatoes, place them in a saucepan of cold water and bring to a boil. Cook for 10 minutes, until almost tender.
- For the tomato sauce, finely chop the onion and garlic and crush the chili pepper. Heat one tablespoon of oil in a small saucepan and add the onion and garlic.
- Cook for three minutes until softened, then add chili pepper, tomatoes, wine, parsley and salt and pepper to taste. Simmer for 20 minutes until thickened, stirring occasionally.
- Drain the potatoes and rinse under cold water. Pat dry and cut each one into four wedges. Brush the potato wedges with the remaining olive oil and sprinkle with the paprika.
- Place on the grill rack, grill for five to six minutes, turning frequently, until golden all over.
- Transfer the potatoes to a serving dish, pour the tomato sauce over them. Garnish with parsley.
- This recipe yields 4 servings.
- Comments: This Spanish dish presents golden grilled potatoes in a piquant tomato sauce.

Pepernoten (Spiced Cookie Balls)

Yield > 60 Servings

Keys : Spanish Spain European Mediterranean

Ingredients :

2	cup	All-purpose Flour
1/2	tsp	Baking Powder
1/4	tsp	Cinnamon
1/4	tsp	Anise Seed, Ground
1/2	tsp	Cloves, Ground
1 1/4	cup	Brown Sugar, Firmly Packed
2	lrg	Eggs
1	tbl	Candied Orange Rind, Diced

Method :

- Sinterklass is coming to town...Only the town happens to be Amsterdam and he is more Saint than jolly old elf. When Sinterklass arrives in the Netherlands on December 6th, he is always accompanied by Pete. Pete is a marvelous character whose antics rival Sinterklass for the love and affection of the crowds gathered to welcome them on their journey from Spain.
- While Sinterklass greets the crowd with his Saintly manor, Pete is know to hand out tasty nuggets called Pepernoten to the children anxiously waiting to great them and ring in the Holiday Season. Start your own tradition from The Netherlands this year and hand out these spicy little cookies to each guest as they arrive at your door.
- Makes 5-Dozen Small Cookies
- In a large bowl sift flour and baking soda together with all the spices.
- Add remaining ingredients and combine until mixture forms a dough. With floured hands, form the dough into about 60 1/2-inch balls and place on greased cookie sheets. Bake in a pre-heated 350-F degree oven for 15-20 minutes, or until the cookies are light brown. Store in an airtight container.

Pisto Manchego

Yield > 1

Keys : Spanish Spain European Mediterranean Spanish

Ingredients :

2	med	size courgettes (zucchini)
2	x	green peppers
1	x	red pepper
1	x	onion
1	x	garlic clove
2	x	ripe tomatoes
		Salt and pepper to taste
2	dl	olive oil

Method :

- Dice all ingredients, any size you like; I personally prefer to chop them very small. Saute garlic in hot olive oil in a frying pan; before it gets any colour, add onion and peppers. Stir a couple of times with a wooden spoon on low heat. When it starts getting soft, add courgettes, let it cook for a few minutes and add the tomatoes.
- Bring to boil and turn off heat. Voila, it's ready to serve. Some like to boil it for longer, but if you do, you spoil the vitamin content, colour, texture and taste. It's delicious served with croutons previously rubbed with garlic.
- Optional: At this point, you can stir in a couple of eggs. It's not advisable to warm up after you have added the eggs. You can also serve 'pisto' with fried eggs, but this doesn't qualify for healthy food, I guess.
- * Manchego, meaning it's particular to the 'La Mancha' region (those of you who have read Cervantes' 'Don Quixote' will be probably be familiar with the area; for those who haven't, the region's in the center of Spain)
- Well, that's all folks; cheers!

Pisto Manchego Spanish Ratatouille with Roasted Potatoes

Yield > 6 Servings

Keys : Vegetables Tubers Root Vegetable Spanish Spain European Mediterranean

Ingredients :

1/2	cup	Ham, cut into 1/2" cubes
2	x	Onions, peeled and thinly sliced
1	x	Green bell pepper, cut in thin strips
1	x	Red bell pepper, cut in thin strips
5	x	Cloves garlic, peeled and minced
1 1/2	tsp	Salt
		Ground pepper
2	cup	Tomatoes, seeded and cut into 1 inch cubes
2	cup	Zucchini, cut into 1/2" cubes
1/4	tsp	Paprika
1/2	tsp	Dried oregano
1/4	tsp	Dried thyme
6	cup	Potatoes, peeled and cut into 1/2" cubes
2	tbl	Olive oil
1	tsp	Olive oil

Method :

- Saute the ham for 5 minutes. Transfer to a bowl. In 1 teaspoon olive oil saute onions, peppers, and garlic for 5 minutes over medium heat, being careful not to burn them. Sprinkle with 1 teaspoon salt and freshly ground pepper. Cover and simmer 10 minutes. Add the tomatoes and zucchini with the paprika and herbs and cook the mixture for 15 minutes, uncovered, stirring occasionally. Stir in ham and cook for another 5 minutes. In a saucepan, cover the potatoes with cold salted water and bring to a boil. Turn off the heat, drain, and divide the potatoes into 2 batches. Heat 1 tablespoon of oil in each of two nonstick skillets. Saute the potatoes over medium high heat for 10 minutes, until lightly browned on all sides, stirring occasionally. Sprinklw with 1/2 teaspoon salt and freshly ground pepper; cover the skillet, lower the heat, and cook for 5 minutes. Uncover, raise the heat, and stir-fry the potatoes for another 2 to 3 minutes, or until golden brown. Reheat the vegetables and serve with the roasted potatoes.

Pollo Guisado (Spanish-Style Stewed Chicken)

Yield > 4

Keys : Chicken Poultry Spanish Spain European Mediterranean

Ingredients :

8	x	- 10 pieces of chicken - with or without the bone
		Spanish-style seasoned salt
2	med	onions, minced
6	x	garlic cloves, minced

Method :

- Sprinkle chicken generously with seasoned salt. In a large Dutch oven, brown chicken on both sides in a little oil or bacon grease.
- After browning, remove skin if desired. In the same pan, start layering - chicken, onion, garlic, potatoes, chiles, beans, chili powder and top off with the tomatoes and water. Cover tightly and bake at 300 degrees for 2 to 3 hours. Chicken should be falling off the bones. I serve this over rice to soak up all the juices.

6	x	to 8 all-purpose potatoes, cut up
1	x	4-oz. can chopped green chiles
4	x	16-oz. cans white kidney beans (cannellini),
		undrained
2	x	- 3 TBS chili powder
4	x	16-oz. cans seasoned diced tomatoes, any flavor

- Serves 4 to 6.

Almond Sauce Pork with - (Cabezada Con Salsa De Almendras)

Yield > 8

Keys : Pork Meats Nuts Spanish Spain European Mediterranean

Ingredients :

1/2	cup	olive oil plus
1	tbl	olive oil divided
5	x	garlic cloves - (to 6)
1	x	onion diced
1	slc	French baguette, 2" thick cut in cubes
1/3	lb	blanched whole almonds
		Salt to taste
		Water if needed
2	lb	pork shoulder cut in cubes
1	cup	white wine
1/4	tsp	freshly-ground black pepper
1/2	tsp	ground saffron
		Flour if needed

Method :

- Heat 1 tablespoon of olive oil in a skillet over medium heat. (In Spain, they use a clay flameproof casserole dish instead of a skillet.) Add the garlic, onion, bread and almonds. Cook until golden brown, stirring often to avoid burning, about 8 to 10 minutes. Remove from the skillet.
- Place the almond mixture in a blender, add a dash of salt and 1/2 to 1 cup of water, if necessary, to facilitate blending. Blend until smooth. The mixture should pour well, but not be too liquid. Set aside.
- Heat the remaining 1/2 cup of oil in a skillet over medium-high heat. Add the pork and cook, stirring, until lightly browned, 6 to 8 minutes. Add the wine, 1 teaspoon of salt, the pepper and saffron. Bring to a boil and add the almond mixture. Simmer until the meat is tender, 15 to 20 minutes.
- If the sauce seems too thin, mix a teaspoon of flour with a teaspoon of cold water in a small bowl until smooth and add to the skillet to thicken the sauce.
- This recipe yields 6 to 8 servings.

Port Wine Drunken Melon with Spanish Cheeses

Yield > 4

Keys : Appetizers Cheese Fruit Alcoholic Spanish Spain European Mediterranean

Ingredients :

		A selection of 3 to 6 different Spanish
		cheeses
1	bot	port wine
1	x	melon top removed,
		seeds scooped out, top reserved

Method :

- For the dish: Pour the port into the melon 1 to 3 days in advance of the dinner. Chill in the refrigerator with the top put back in place and wrapped in plastic wrap.
- When ready to serve: Remove the melon from the refrigerator and take off the wrap and top. Pour out the port from the melon into a bowl. Cut off the rind and cut the melon into pieces. Put the pieces into four cool bowls. Serve with the cheeses on a side platter.
- This recipe yields 4 to 6 servings.
- Comments: The port could be poured back over the melon or reserved for another use.
- Serving Ideas : This is also nice with a bowl of lightly seasoned toasted almonds and some port wine.

Potato Cakes with Chorizo and Manchego

Yield > 4 servings

Keys : Tubers Root Vegetable Spanish Spain European Mediterranean

Ingredients :

1	x	192 gram pac JS instant mashed potato mix
3	tbl	Olive oil or corn oil
1	tsp	Smoked paprika or paprika
2	tbl	Cornmeal or flour
50	gm	Chorizo puchero or pepperoni, thinly sliced on the diagonal
50	gm	Manchego or taleggio, thinly sliced

Method :

- Prepare the mashed potato according to the packet instructions.
- Heat 1 teaspoon of the olive oil in a frying pan over a moderate heat, add the smoked paprika and cook the spice for approximately 1 minute. Add this to the potato and mix thoroughly.
- Divide the potato into 4 flat patties and cover them on both sides with the cornmeal.
- Heat 1 tablespoon of the olive oil in the frying pan over a moderate heat.
- When the oil is hot fry the potato cakes for 2 mintues on each side. Remove them from the pan and place them onto a baking tray.
- Place the slices of chorizo on top of the potato cakes and then place the manchego on top of the chorizo. Drizzle the remaining olive oil over the potato cakes.
- Place the potato cakes under a hot grill until the cheese

melts and starts to brown.

- Notes Serve with a green salad and a glass of rioja!
- NOTES : A combination of Spanish flavours make a change to the more usual North European style of potato cake.

Potato Skins Stuffed with Spanish Eggs

Yield > 2

Keys : Breakfast Potatoes Vegetarian Tubers Root Vegetable Spanish Spain European Mediterranean

Ingredients :

2	x	baked potatoes * halved lengthwise
1	cup	Egg Beaters 99% egg substitute equivalent to 4 eggs
1	tbl	skim milk (to 2 Tbsp)
1/3	x	red bell pepper finely chopped **
4	x	scallion finely chopped
2	x	garlic cloves finely chopped
		salt and pepper to taste
		Southwestern seasoning to taste or any seasoning of your choice
2	slc	nonfat cheese ie Kraft nf singles or Soya Kaas nonfat cheese
Optional:		
		salsa
		nonfat yogurt or sour cream

Method :

- * Bake potatoes at 400F until soft, about 45 minutes. Cool, and slice in half, lengthwise. Scoop out most of the insides and reserve for mashing later.
- ** You can use any veggies or cooked meat of your choice.
- Spray the potato halves lightly with cooking oil spray and sprinkle on seasoning(s) of choice. Place under broiler until brown and crisp. (If you like your skins very crisp, you can broil the bottom of the skins first.)
- Note that these broiled skins can be wrapped in foil and refrigerated for several days.
- Lightly beat the Egg Beaters with the skim milk and salt and pepper. Saute the red bell peppers, Southwest seasonings, garlic, and scallions under tender. (I use water to loosen the veggies when they begin to stick, but you may use any sauteing medium of your choice.) Remove the veggies from the skillet, and add the eggs. Gently scrap the bottom of the pan to move the edges of the eggs to the center. When almost cooked, add the sauteed veggies. Cover and stir occasionally until the eggs are cooked.
- Spoon a little salsa into the cavities of the potato skins. Fill the skins with the cooked eggs. Top with some pieces of sliced nf cheese. Place under broiler until melted. Serve with salsa and nonfat yogurt or sour cream.
- NOTES : My husband says that brunch was absolutely one of the best ever. I thought it was one of the easiest ever, so I thought I'd share it with you.

- We love potato skins, but I never knew what to do with the leftover potatoes. Then I learned that Graham Kerr *prefers* to make mashed potatoes from baked potatoes, rather than from boiled.
- So now I almost always bake potatoes, scoop out the insides and save them for mashing the next day, and then broil the potato skins.
- I used to brush the skins with Egg Beaters, then season them. But I find that we like the skins just as much without the egg wash, so I no longer bother with it. I give the skins a quick squirt of olive oil spray and then sprinkle on the seasonings of choice - usually Cajun, Southwestern, or garlic and onion powder. Sometimes I'll add a slice of cheese or two, and then pop them under the broiler. We always eat them with salsa and nf yogurt or nf sour cream.

Quick Turkey and Sausage Paella

Yield > 4 Servings

Keys : Poultry Sausage Rice Casseroles Spanish Spain European Mediterranean

Ingredients :

1	lb	Turkey cutlets, cut 1/2" strips
3/4	lb	Chorizo or other sausage, cut in slices
1	med	Onion, thinly sliced
1	sm	Red bell pepper
1 1/4	tbl	Olive oil

Method :

- Heat oil in a 3 quart Dutch oven; add turkey and saute until lightly browned, about 4 minutes. Add sausage and saute it until lightly browned.
- Add the onions, chiles, thyme, and bay leaf; cook over low heat until onions soften, about 5 minutes; add the bell pepper and rice, stirring to coat with oil. Add the wine, chicken stock, tomatoes, saffron, 1/4 tsp salt and 1/4 tsp pepper. Bring to boiling; reduce heat and simmer, covered until rice is tender, 18 to 20 minutes. Remove from heat; stir in peas; cover and let stand for 2 minutes; adjust seasonings and serve immediately.

1/4	tsp	Dried thyme
1	x	Bay leaf
1 1/2	cup	Long grain rice
1/2	cup	Dry white wine
1 3/4	cup	Chicken stock
8	oz	Can Italian tomatoes
1/4	tsp	Saffron
		Salt and ground pepper

Red Garlic Soup

Yield > 4

Keys : Soups Stews Spanish Spain European Mediterranean

Ingredients :

2	lb	Chicken bones
1	x	Onion quartered
1	x	Garlic head
6	x	Garlic cloves minced
3	x	Garlic cloves halved
1/4	cup	Olive oil plus
3	tbl	Olive oil
1/4	lb	Cured Spanish ham, or prosciutto diced

Method :

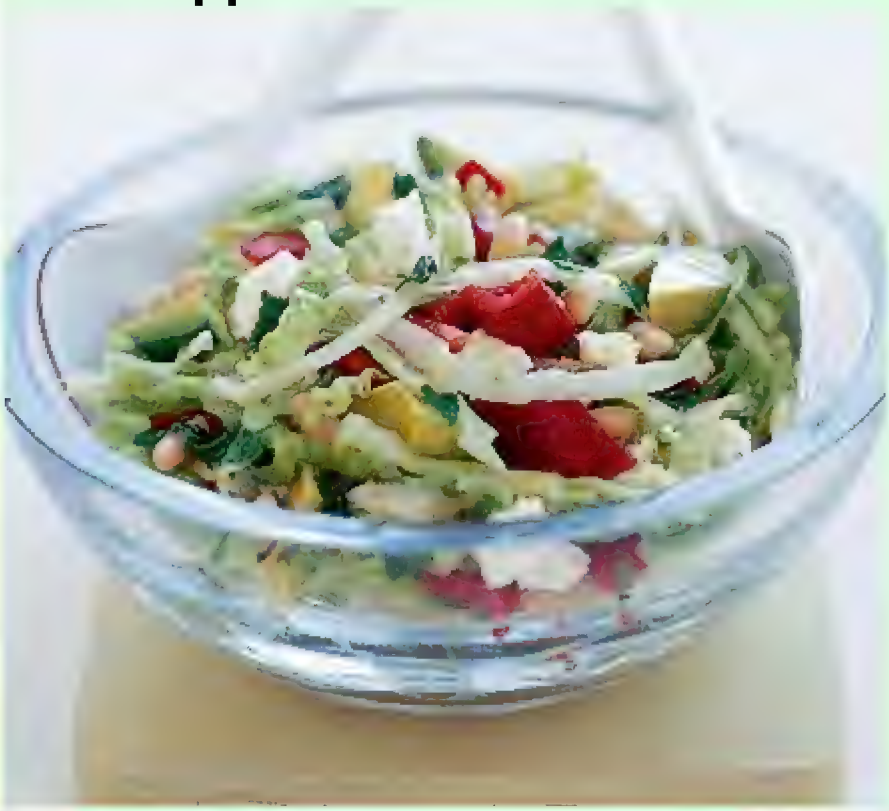
- Prepare the chicken stock by combining the chicken bones, onion, and garlic head in a large pot. Add enough water to cover, about 1 gallon, and bring to a boil. Skim and discard foam that rises to the top. Reduce to a simmer and cook, uncovered, about 1 hour, periodically skimming foam from the top. If liquid is evaporating too rapidly, add a cup or two of water. Strain by lifting liquid out with a ladle. Discard the onion and garlic, and set aside to cool. Reserve 2 quarts for the soup, and save the extra for another use. (It will keep in the refrigerator up to 5 days.)
- Heat the 1/4 cup olive oil in a large saucepan, add the 6 cloves minced garlic, and saute until golden. Add the cured ham, and saute for a minute. Add the tomato and paprika, and saute briefly, then add the reserved chicken stock. Bring to a boil, reduce heat and simmer for 30 minutes.
- Meanwhile, toast the bread, rub half a clove of the

1	x	Tomato seeded, diced
2	tsp	Sweet paprika
6	slc	Country bread - (very thin)
8	x	Cumin seeds
8	x	Saffron threads

remaining 3 garlic cloves over each piece, and drizzle with the remaining olive oil. With a mortar and pestle, pound the leftover garlic halves, cumin seeds, and saffron. Stir paste into the simmering soup, and add the bread, breaking it up a bit.

- If using eggs, break the eggs into the simmering soup and poach them until set, but yolks still soft. Serve soup immediately, ladling it into warm earthenware bowls.
- This recipe yields 4 to 6 servings.

Red Pepper Salad



Yield > 4

Keys : Appetizers Peppers Spanish Spain European Mediterranean

Ingredients :

2	x	Roasted red peppers peeled, seeded,
		and sliced
1	tbl	Sherry vinegar
3	tbl	Extra-virgin olive oil
1	tbl	Chopped fresh oregano
		Salt to taste

Method :

- In a large bowl add the peppers, vinegar, oil and oregano. Toss and season with salt and pepper to taste. Serve with sliced grilled bread.
- This recipe yields 4 servings.

		Freshly-ground black pepper to taste
		Grilled sliced bread for serving

Risotto with a Spanish Flair

Yield > 2

Keys : Main Dish Rice Grains Spanish Spain European Mediterranean

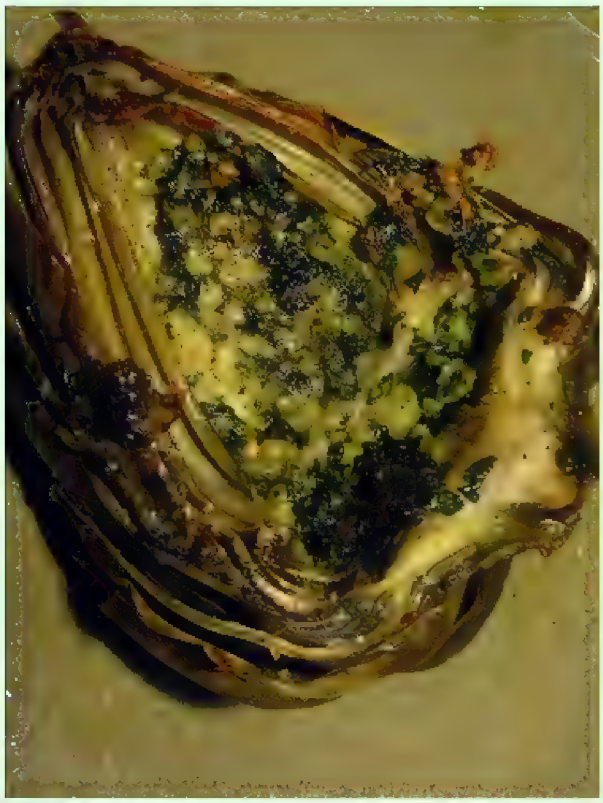
Ingredients :

4	tbl	unsalted butter
1/2	cup	chopped onion
2	tsp	chopped garlic
3/4	cup	Arborio rice
1/4	cup	white wine
1/4	tsp	saffron threads
1/3	cup	chopped canned plum tomatoes
1 1/2	cup	chicken stock
		Salt to taste
		Freshly-ground black pepper to taste
1/3	cup	chopped green olives
3	tbl	toasted pine nuts
2	tbl	assorted fresh herbs
1/3	cup	grated parmesan cheese

Method :

- Choose the size pressure cooker that will accommodate the amount you will be making. Heat the butter and saute the onion and garlic until softened.
- Add the rice and thoroughly coat it with the butter. Add the wine and reduce until it is absorbed. Dissolve the saffron threads in a little stock or water. Add the tomatoes, stock, salt and pepper to taste. Stir the mixture well.
- Turn the heat to high and lock the lid in place. Bring to high pressure and adjust the heat to maintain pressure. Cook for 6 minutes.
- Reduce with quick release and remove the lid, tilting it away from you to allow any excess steam to escape. Taste for a firm texture. If it is not sufficiently cooked, add stock and simmer a minute more if necessary.
- Add the olives, pine nuts and parmesan cheese just before serving.
- This recipe yields 2 main course servings.

Roast Spring Lamb with Artichokes



Yield > 4

Keys : Main Dish Lamb Meats Spanish Spain European Mediterranean Warm

Ingredients :

8	med	Fresh artichokes
		(or 8 jarred artichoke hearts, rinsed well and halved)
1/2	cup	Olive oil
6	x	Lamb shanks - (1 lb ea) cut 1" thick
1	x	Onion finely chopped
6	x	Garlic cloves minced
1 1/2	cup	Lamb or beef stock
		Salt to taste
1/4	lb	Finely-chopped serrano ham

Method :

- Remove the outer leaves of the artichokes so that only the tender inner leaves remain. Bring a pot of water to boil, add the trimmed artichokes and simmer for 15 minutes. Remove artichokes, let cool, then slice in half in order to scoop out the chokes with a small spoon. Reserve hearts.
- Preheat oven to 350 degrees.
- Heat the olive oil in a large casserole, add the lamb shanks and saute until browned on all sides, about 15 minutes. Transfer lamb shanks to a shallow roasting pan and scatter the onions and garlic in the pan. Pour in the meat stock, and roast for 30 minutes.
- Place a small saucepan over low heat, add the ham and saute until lightly browned, 7 to 10 minutes. Add the artichokes to the lamb, baste the meat and artichokes with the accumulated juices, and roast for another 10 minutes. Add the ham and roast another 5 minutes, or until lamb is desired doneness. Remove lamb from oven, let rest a few minutes, then serve warm.
- This recipe yields 4 to 6 servings.

Roasted Clams with Hot Spanish Sauce and Relish

Yield > 4

Keys : Main Dish Seafood Shellfish Spanish Spain European Mediterranean

Ingredients :

CLAM BROTH		
2	tbl	olive oil
1	lrg	Spanish onion coarsely chopped
4	x	garlic cloves chopped
1	x	carrot peeled, and
		coarsely chopped
1	x	celery stalk coarsely chopped
6	cup	clam juice
1	cup	dry white wine
4	x	plum tomatoes halved, and
		roasted in oven until soft
		Salt to taste
		Freshly-ground black pepper to taste
GRILLED SAUSAGES		
1	lb	linguisa Spanish sausage blanched
1	lb	Spanish chorizo blanched
CLAMS		
2	tbl	olive oil
2	x	shallots finely sliced
		Tomato/Clam Broth (see above)
24	x	littleneck clams scrubbed
2	tbl	cold unsalted butter
		Salt to taste
		Freshly-ground black pepper to taste
1/4	cup	finely-chopped parsley
SWEET ONION-GRILLED PEPPER RELISH		
1	x	yellow pepper grilled, peeled,
		and julienned
1	x	red pepper grilled, peeled,
		and julienned
1	x	Vidalia onion grilled, and

Method :

- For the Clam Broth: Heat olive oil in medium saucepan over medium heat. Add the onions, garlic, carrots and celery and cook until soft. Add the white wine and cook until reduced to 1/4 cup. Add the clam juice and cook until reduced to 3 cups. Add the tomatoes, season with salt and pepper and cook for 5 minutes. Place mixture in a blender and blend until smooth. Strain into a clean bowl.
- For the Grilled Sausages: Preheat grill pan over high heat. Grill sausages until cooked through and golden brown and crusty on outside. Remove, let rest and slice on bias into 1-inch pieces.
- For the Clams and the Broth: Heat olive oil in large saucepan. Add shallots and cook until soft. Add tomato/clam broth and bring to a simmer. Add the clams, cover and let cook until all have opened. Remove clams to a bowl with a slotted spoon.
- Increase the heat to high and cook the broth for 10 minutes, until slightly thickened. Add the butter, salt and pepper and parsley.
- Place 6 clams and a few pieces of each of the sausage in a bowl. Ladle over the clam broth and top with some of the Sweet Onion-Grilled Pepper Relish. Serve with French bread.
- For the Sweet Onion-Grilled Pepper Relish: Combine all ingredients in a medium bowl and season with salt and pepper to taste.
- This recipe yields 4 servings.
- Comments: Original title as listed is "Roasted Clams With Hot Spanish Sauce And Sweet Onion And Grilled Pepper Relish."

		thinly sliced
2	tbl	sherry vinegar
2	tbl	olive oil
		Salt to taste
		Freshly-ground black pepper to taste

Sabeta (Spanish Bouillabaisse)

Yield > 6 to 8 servings

Keys : Spanish Spain European Mediterranean Hot

Ingredients :

1	x	onion, chopped
1	stalk	celery, chopped
1	x	green pepper, chopped
1	clv	garlic, minced
1	x	28-ounce can tomatoes
1	can	water
1/2	cup	dry vermouth
2	x	chicken legs with thighs, or 2 chicken
		breasts
1/4	cup	chopped parsley
1	tsp	sugar
2	tsp	salt
1/2	tsp	basil
1	sm	bay leaf
1	x	6-ounce package flounder, cod or haddock
1	can	chopped or whole clams and juice
1	can	shrimp, rinsed and drained

Method :

- In a large soup pot or Dutch oven, combine all ingredients except flounder, clams and shrimp. Bring to a boil and simmer for 45 minutes to an hour. Remove chicken; skin and bone it. Put chicken back into pot. Add fish, cut into chunks (may be partially frozen), bring to a simmer and cook 15 to 20 minutes. Just before serving, add clams, clam juice and shrimp. Return to simmer and serve piping hot with crusty garlic bread.
- Makes 6 to 8 servings.

Saffron Penne Salad with Tiger Prawns

Yield > 4

Keys : Spices Pasta Seafood Spanish Spain European Mediterranean Warm Room

Ingredients :

Method :

- Bring plenty of lightly salted water to the boil in a large

275	gm	penne
2	lrg	pinches of saffron threads crumbled
225	x	shelled cooked tiger prawns
2	tbl	olive oil
2	clv	garlic peeled and thinly sliced
140	gm	button mushrooms
2	tbl	finely chopped chives
3	sprg	fresh basil torn by hand
For the vinaigrette:		
1 1/2	tsp	balsamic vinegar
1	clv	garlic peeled and crushed
2	tbl	olive oil
1	x	salt and freshly ground black pepper

saucepan add the saffron and then the pasta.

- Cook until the pasta is just al dense tender but still firm.
- Drain the pasta and turn it into a large bowl.
- In the meantime in a heavy based or non stick frying pan heat the oil and add the prawns and the garlic.
- Sautee these for 2 minutes turn the heat up and add the mushrooms tossing everything together and turning them over brisk heat for about 3 minutes.
- Season to taste add the chives and the basil and saute for 1 more minute until the herbs look just wilted.
- Add this to the pasta in the bowl and mix together.
- Whisk the vinegar seasoning and garlic for the vinaigrette together and then add the oil and whisk until well amalgamated.
- Adjust the seasoning. It should be quite sharp.
- Add the vinaigrette to the pasta and toss gently to coat everything.
- It can now wait covered with film if necessary.
- It can be served warm or at room temperature or in the summer slightly chilled.
- Can add 46 scallops with the prawns (slice them in thin discs first) or some cooked and shelled mussels at the end
- Pasta salads can make delicious impromptu meals and one can improvise with available ingredients. There are two good rulesfor successful pasta salads. First make sure that the pasta is slightly undercooked so that it will hold its shape and texture when dressed. The second rule is to dress it while it is still hot and before it dries up and becomes sticky. Of course a delicious vinaigrette is the most important ingredient.
- In the spring and early summer one can have pasta with seasonal vegetables such as shelled broad beans and peas or asparagus and liven it up with fresh herbs. Alternatively you can add grilled or roast vegetables such as aubergines courgettes and peppers. Add somefinely chopped fresh herbs and be bold with the vinaigrette. It could have a North Africanflavour if you season it with cumin ginger and garlic or a tablespoon of harissa; you can use an olive or walnut oil with any of a number of vinegars from Spanish sherry to italian balsamic or a good French wine vinegar. It could even be a mixture of fromage frais or yoghurt with olive oil and garlic ... experiment.
- Serves 4 as main 6 as starter

Salmon with Spanish Chutney

Yield > 1

Keys : Salmon Main Dish Fish Ocean Spanish Spain European Mediterranean

Ingredients :

4	cup	Sliced Spanish onions
1 1/2	cup	Brown sugar
1	cup	Golden raisins
3/4	cup	White wine
3/4	cup	White vinegar
2	x	Garlic cloves
1	tbl	Minced ginger
1	pch	Curry powder
5	whl	cloves
1	tbl	Oil
6	oz	Salmon cut into 3 thin long slices ("shingles")
		Salt to taste
		Freshly-ground black pepper to taste
		Chopped parsley for garnish

Method :

- In a saucepan combine first 9 ingredients and bring to a boil. Simmer for 1 hour.
- Heat oil in a saute pan. Season salmon "shingles" with salt and pepper and cook 2 minutes per side until just cooked. Present them on a dinner plate, slightly overlapping. Top with a dollop of chutney and garnish with chopped parsley.
- This recipe yields 1 serving.

Sangria

Yield > 1 Servings

Keys : Beverage Beverages Drinks Spanish Spain European Mediterranean

Ingredients :

1	x	-(up to)
2	bot	inexpensive cabernet-type red wine
		Lemon-lime type soda, like 7-up or Sprite
		Oranges
		Lemons
		Apples
		Peaches
		(other fruit as available)
		Sugar
		Brandy (optional)

Method :

- My husband is from Spain and this is how he makes Sangria . . . In a large pitcher, pour a bottle of wine. Add sliced fruit, leaving room for soda.
- Add sugar to taste. Add a shot of brandy, if you like. Add soda right before serving (not hours in advance). If you mix the fruit and wine together in advance, the sangria will have a more fruity flavor but the fruit will be discolored (still tastes fine). The proportion of wine to soda will depend on your personal taste, how good the wine is, how strong you want the sangria to be, and how carbonated you want it. I think that we use a two or three to one ratio. If you have a big enough pitcher, you could always add more wine from the second bottle.

Sangria Serrano

Yield > 1

Keys : Beverages Drinks Alcoholic Spanish Spain European Mediterranean

Ingredients :

1	lrg	bottle Gallo burgundy
1/2	sm	bottle Light Rum
4	shot	Cointreau
6	shot	Vodka
4	shot	Grand Marnier
1	lt	Seltzer
1	x	Pineapple Sliced
4	x	granny smith apples sliced
6	x	Oranges sliced
1	qt	Apple juice or pineapple juice
1	qt	Orange juice
2	x	Limes sliced
		Sugar

Method :

- Slice fruit and place on bottom of large container/bucket (with attachable lid). Add juice. Add alcohol and sugar. Just before serving add ice and seltzer. Keep refrigerated and covered. Best when made a day or two in advance. Enjoy!

Shrimp Corunesa

Yield > 4 Servings

Keys : Seafood Spanish Spain European Mediterranean

Ingredients :

1	lb	Large shrimp*, peeled
1	x	Onion, chopped
1	x	Green bell pepper, chopped
1	x	Clove garlic, minced
2	tbl	Brandy
2	tbl	White wine
1	cup	Corunesca sauce
2	tbl	Olive oil
		Salt and pepper, to taste
CORUNESA SAUCE		
1	x	Onion, chopped
1	stalk	celery, chopped
3	x	Cloves garlic, finely minced
1/2	tsp	Paprika
1	tsp	Salt
1	qt	Water
1	tbl	Flour
1/2	stk	butter
2	tbl	Olive oil
1/4	cup	White wine
2	tbl	Brandy

Method :

- *About 1 pound after peeling (about 20 shrimp)
- CORUNESA SAUCE: Melt butter and olive oil in a large saucepan. Saute onions, celery and garlic. Add tomato sauce, paprika and flour. Stir well and add water. Boil gently for thirty minutes. Blend (I used my new hand-held blender). Add wine, brandy, Pernod, salt and pepper. Cook down to about 1/2 slowly.
- SHRIMP: Heat olive oil in a large skillet. Add onion, green pepper, garlic, and shrimp. Saute for 2 minutes. Add brandy and flambe. Add white wine and Corunesa sauce, salt and pepper. Saute a few minutes - not too long - shrimp overcooks easily. Serve over pasta or rice. .
- NOTES : This is a delicious shrimp dish. It's flavorful, but not so spicy that the taste of the shrimp is overpowered. The original inspiration for I have changed it quite a bit. Corunesa has a tilde over the "n" but I don't like to use special characters. The sauce recipe as given here makes a bit over a pint. That's enough for two batches of shrimp. This is a first time attempt - further experimentation my result in other changes.

1/2	tsp	Pernod

Snapper with Sofrito

Yield > 4

Keys : Fish Ocean Main Dish Seafood Spanish Spain European Mediterranean

Ingredients :

2	tsp	achiote or paprika oil, see * Note
6	cup	thinly-sliced onions - (abt 3 lg onions)
3	tbl	minced or pressed garlic
3	cup	drained canned whole tomatoes
		(28-oz can, 2 cups drained)
1	tsp	dry basil
1/2	tsp	minced fresh chile pepper (to 1 1/2 tspns)
		(or use dried red pepper flakes)
		Salt to taste
		Freshly-ground black pepper to taste
1 1/2	lb	snapper fillet skin and bones

Method :

- * Note: Achiote [ah-chee-OH-tay] is the rusty-red seed of the tropical annatto tree. Slightly smaller than a peppercorn, this triangular seed has a mild, musky, peppery taste. However, it is used primarily to color rice and other foods a bright saffron yellow. Heated with oil or ground with herbs and spices, achiote is a culinary staple of the Caribbean and Latin America.
- To make achiote oil: In a small saucepan, heat 1/2 cup vegetable oil over medium heat for about 5 minutes. Add 2 tablespoons achiote seeds and cook until the oil turns crimson, 3 to 5 minutes, stirring. Cool the oil, strain and refrigerate indefinitely. If achiote seeds are unavailable, stir 2 tablespoons each paprika and turmeric in their place.
- Seafood Alternatives: grouper, tilapia, catfish, flounders, shrimp Heat the oil in a large frying pan over medium heat. Add the onions, toss and cook, partly covered, until softened about 5 minutes, stirring. Add the garlic, tomatoes, basil, chiles, salt and pepper.
- Cook, partly covered, until the onions are very tender, about 20 minutes, stirring often and mashing the tomatoes with the spoon or spatula.
- Uncover and cook until moisture evaporates and the sofrito is thick, 8 to 10 minutes, stirring often.
- Rinse the snapper with cold water and pat dry with paper towels. Stir the capers into the onion mixture and arrange the snapper on top. Season the fish with salt, pepper and cilantro. Cover and cook until just opaque, 5 to 7 minutes.

		removed, cut into 4 portions
1/4	cup	drained capers
1/4	cup	minced cilantro

- With a wide spatula, transfer the snapper to a plate. Spoon the sofrito into a shallow serving dish and set the snapper on top. Serve at once.
- This recipe yields 4 servings.
- Comments: Sofrito derives its name from the Spanish verb "sofreir," which means to fry lightly. In Spain, onions, leeks and bacon were slow-cooked in olive oil to produce classic sofrito, the base for much regional Spanish cooking. The island version adds native tomatoes, chiles, achiote seeds and salt pork to this blend. Sofrito is great to have on hand for a quick sauce; store it refrigerated up to 1 1/2 weeks or freeze. Snapper sofrito is ideally paired with rice or beans.

Sopa Castilla La Vieja (Almond Soup)

Yield > 6 Servings

Keys : Soups Nuts Spanish Spain European Mediterranean

Ingredients :

3	can	Condensed consomme'
		(10-1/2 ounces each)
3	x	Soup cans water
1/2	cup	Ground blanched almonds

Method :

- Heat consomme' and water. Mix almonds and oil and add to soup. Beat until well blended. Spoon soup into individual heat-proof bowls. Top bowls with toast strips. Sprinkle with cheese. Broil until cheese is golden. Sprinkle with sliced almonds.

1	tbl	Olive oil
3	slc	Bread, toasted cut into 1-inch strips
1/3	cup	Grated Parmesan cheese
1/2	cup	Toasted sliced almonds

Sopa De Cebollita or Spanish Onion Soup (Rodriguez)

Yield > 4 Servings

Keys : Soup Cuban Cuba Central American Carribean Spanish Spain European Mediterranean

Ingredients :

3	tbl	Unsalted butter
2	x	Red or white pearl onions, julienned
1	cup	Dry sherry
3	tbl	Worcestershire sauce
3	tbl	Soy sauce
3	tbl	Balsamic vinegar
1	gal	Beef stock
1	lb	Skirt steak
2	tbl	Flour

Method :

- In a large stockpot over high heat, melt the butter. Add the julienned onions and caramelize while stirring, about six minutes. Add the sherry, Worcestershire, soy sauce and vinegar. Reduce and cook about 10 minutes.
- Add the stock and bring to a boil, then decrease the heat to low, cover and simmer.
- Combine the flour, garlic, salt and pepper in a large mixing bowl. Cut the steak into thin strips and toss with the flour mixture to coat evenly. Heat the oil in a saute pan over high heat. Add the steak strips and sear while stirring for about five minutes.
- Uncover the stockpot. Add the steak strips and simmer for about 20 minutes.
- Add the peeled onion and simmer another 20 minutes. Ladle the soup into bowls.
- Serves 4.

6	x	Cloves garlic, finely chopped
1/2	tsp	Salt
1/2	tsp	Freshly ground black pepper
2	tbl	Olive oil

- Notes: Chef Douglas Rodriguez specializes in one-pot meals native to the Caribbean and to Central and South America. He's the Cuban-American chef of Manhattan's Patria restaurant.

Sopa De Gamba a La Catalana (Shrimp Soup Catalan Style)

Yield > 4 Servings

Keys : Catalonia Seafood Spanish Spain European Mediterranean

Ingredients :

3	tbl	Olive oil
3	x	Cloves garlic, mashed
1	lb	Fresh spinach, trimmed and coarsely chopped
1/2	cup	Small stuffed green olives, rinsed
3	cup	Chicken broth

Method :

- In a large casserole , heat oil and saute the garlic, spinach and olives, until spinach begins to wilt. Add the broth, tomatoes, basil, and salt and pepper to taste. Mix well and bring to a boil. Add the shrimp and cook uncovered until the shrimp is cooked. Serve in individual soup bowls and garnish with chopped parsley

4	med	Tomatoes, seeded and coarsely chopped
1	cup	Coarsely chopped fresh basil
		Salt to taste
		Freshly ground pepper
16	x	Jumbo shrimp,shelled and deveined
2	tbl	Chopped parsley for garnish

Sopa De Pescado (Fish Soup)

Yield > 6 Servings

Keys : Soup Spanish Spain European Mediterranean

Ingredients :

1	lb	Flounder fillets
1/4	cup	Flour
1/4	cup	Oil
1	x	Onion, chopped
2	x	Cloves garlic,crushed
2	x	Tomatoes, diced
1	tbl	Chopped parsley
1/2	tsp	Crushed red pepper
8	cup	Boiling water

Method :

- Even though fresh pimientos are used profusely in the national cuisine,Spanish recipes are not hot or peppery.
- Dredge fish with flour Brown in oil Add, onion, garlic, tomatoes, parsley, and red pepper cook for 5 minutes. add to water,. add remaining ingredients. Mix. cook over low heat, stirring frequently , for 30 minutes.
- 6 servings
- sugguested menu: Fish soup, green salad, angelfood cake, coffee or tea

1 1/2	cup	Fine dry bread crumbs
2	tsp	Salt
1/3	cup	Chopped almonds
1/3	cup	Sliced stuffed olives

South Texas Spanish Rice

Yield > 6 Servings

Keys : Rice Spanish Spain European Mediterranean

Ingredients :

1 1/2	cup	Long grain rice
1	med	Onion chopped fine
1	x	-(up to)
5	x	Jalepeno peppers chopped fine
2	cup	Chicken stock
1	can	(8-oz) tomato sauce
1/2	tbl	Ground cummin
1/2	tsp	Salt
1/2	tsp	Pepper
1/2	cup	Frozen green sweet peas (opt)
3	tbl	Veg oil

Method :

- Brown rice in 3 tablspoons veg oil until just starting to brown. add onion and jalepeno and brown 1 minute more. add all remaining ingriedients, and stir only the top(not the rice!) boil 20 seconds, cover and reduce heat to med low for 20 minutes(do not remove lid). leave covered for at least 30 minutes(the longer the better). fluff w fork and ENJOY!

Spanish Almond Sorbet

Yield > 1

Keys : Nuts Spanish Spain European Mediterranean

Ingredients :

1	cup	blanched almonds, toasted
2	cup	spring water, (flat mineral water)
3/4	cup	sugar
1	pch	cinnamon
6	tbl	light corn syrup
2	tbl	Amaretto, (almond liquor)
1	tsp	lemon zest

Method :

- Place the almonds in a food processor and grind to a powder. Place the water, sugar, corn syrup, liquor, zest and cinnamon in a large saucepan and add the ground nuts. Stir over medium heat until the sugar dissolves and the mixture comes to a boil. Boil for 2 minutes. Allow to cool
- Pour the mixture into an ice-cream maker and churn until semi-frozen. Transfer to a freezer proof container and freeze for about 3 hours or until firm.
- If you do not have an ice cream machine, pour the room temperature mixture into a stainless steel bowl and freeze, stirring every 2 hours until firm.

Spanish Beef and Potato Pie

Yield > 6 servings

Keys : Main Meats Tubers Root Vegetable Spanish Spain European Mediterranean

Ingredients :

1	lb	Ground beef
1	med	Onion, chopped
1	clv	garlic, minced
1/4	tsp	Rosemary, dried
2	tbl	Olive oil
2	lrg	Potato, sliced thin
		Salt
1/4	cup	Fontina Cheese, diced
6	x	Egg
3/4	cup	Half and Half
		Cayenne pepper sauce

Method :

- About 1 3/4 hours before serving:
- 1. In 10" nonstick skillet over high heat, cook ground beef, onion, garlic, and rosemary, stirring frequently, until all pan juices evaporate and meat is well browned. Remove ground beef mixture to bowl.
- 2. Add olive oil to skillet. In hot oil over medium heat, cook potatoes and 1/2 teaspoon salt 20 minutes, turning potatoes occasionally, until almost tender; remove skillet from heat. Arrange potatoes, slightly overlapping, on bottom and up side of skillet.
- 3. Sprinkle cheese over potatoes. Spoon ground beef mixture over cheese. In bowl, with fork, beat eggs, half and hal, 1 tablespoon cayenne pepper sauce, and 1 tablespoon salt until well mixed; pour into skillet. Cover; cook over low heat 40 to 45 minutes until potatoes are lightly browned and egg mixture is almost set. Remove skillet from heat. Let frittata stand, covered, 5 minutes to allow mixture to set completely for easier serving.
- 4. To serve with knife, loosen edge of frittata from skillet; invert onto platter. Cut frittata into wedges to serve. If you like, serve with additional cayenne pepper sauce.
- Makes 6 servings.